

FIDO'S KITCHEN



A collection of recipes by and/or from
participants in the Fido Culinary
Message Echoes.

Fido Echo Picnic (Northeast)
1996

FIDO'S KITCHEN

A collection of recipes by and/or from the participants in the Fidonet Culinary Echo Conferences; the official souvenir of the 1996 Echo Picnic (Northeast).

This cookbook is dedicated to the memory of Stephen Ceideburg and Wesley Pitts.

"To live in hearts we leave behind is not to die."

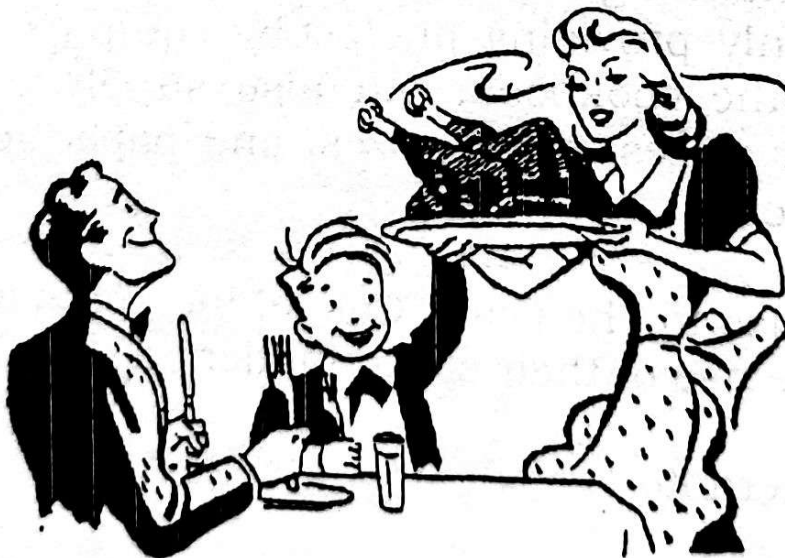
The recipes in this cookbook are from around the world. Although they may have been lightly edited for uniform format, no attempt has been made to convert, for example, English measurements to American, or vice-versa.

Copyright notice: Cover, title page, and advertising parodies are copyright (c) 1996 by Dave Sacerdote.

Recipe copyrights belong to their original claimants. It is the responsibility of contributors to determine the suitability of submissions for inclusion in this cookbook. Fidonet, Dave Sacerdote, and the Echo Picnic (Northeast) planning committee accept no responsibility for submissions which appear in the cookbook.

TABLE OF CONTENTS

Appetizers, Pickles, Relishes	5
Soups and Salads	29
Main Dishes.....	55
Vegetables & Vegetarian Dishes.....	145
Bread, Rolls, and Pastry	161
Cookies, Cakes, and Desserts.....	177
Candy and Preserves.....	223
Miscellaneous	227



Echo Picnic (Northeast) Planning Committee

Michael Loo, *Chairman*

Dave Sacerdote

Lou and Jean Ramsay

Robert Miles

Dottie Theriault

ACKNOWLEDGEMENTS

Without all of you out there in the culinary echos, this cookbook would not have been possible. Thanks for responding so positively to the call for recipes.

Special thanks go out to Hallmark Cards, Inc. for not only providing photocopy equipment to produce the cookbook, but also supplying us with door prizes, raffle prizes, and paper goods for the picnic.

Thanks also to The Glass Castle, Inc., of Somers CT for the use of their spiral binder.

Dave Sacerdote
Editor

Appetizers, Pickles, and Relishes



An appetizer
should always be served,
Makes guests compliments
most well deserved.

FOR THOSE *Write* IN RECIPES

Ann's High Roller Sandwiches

Annette Johnsen

1 bag of flour tortillas
1 large bar of softened cream cheese
Roast beef, sliced thin
Ham sliced thin
Turkey sliced thin
Colby Jack cheese, sliced thin
Shredded lettuce
Garlic powder
Sliced tomatoes

Use the back of a spatula and cover each tortilla with a thin layer of cream cheese. Sprinkle with a little garlic powder. Use half of the tortilla to layer meats, cheese, lettuce and tomatoes, then roll up the tortilla with cream cheese side rolled last so they will seal. Cut in 1-inch pieces and serve.

Artichoke Cakes with Lemon Caper Mayonnaise

Michelle Bass

16 oz. marinated artichoke hearts - drained
1/3 cup minced celery
1/3 cup minced yellow onion
2 green onions - minced (green and white part)
1 Tbsp fresh thyme leaves - minced
1 Tbsp fresh oregano leaves - minced
1/2 tsp anchovy paste
Pinch cayenne pepper
1/4 tsp freshly ground black pepper
1 tsp garlic powder
1 Anaheim chile pepper - minced (about 2 Tablespoons)
1 tsp Dijon mustard
6 drops Tabasco
1/4 tsp celery salt
1/4 cup imported Romano cheese
1/2 tsp lime juice
1 tsp Worcestershire sauce
1/4 tsp hot pepper vinegar
1/2 tsp dried cilantro - crumbled

1 egg - beaten to blend
2½ cup fresh Italian breadcrumbs - divided
½ stick butter, divided in two
2 tsp sesame oil - divided

Cut drained artichoke hearts into quarters and add to food processor bowl with chopping blade. Pulse 3 or 4 times until finely chopped but not minced, scraping down sides if necessary. Add to large bowl with celery, onion, green onion and anchovy paste and mix well. Add thyme, oregano, cayenne, black pepper, garlic powder, Anaheim chile pepper, Dijon mustard, Tabasco, celery salt, cilantro, Worcestershire, hot pepper vinegar and lime juice. Mix well. Add Romano cheese and mix well. Add beaten egg and mix in well.

Add ½ to 1 cup fresh breadcrumbs until mixture is well bound but not dry -- just enough bread crumbs to allow you to make mixture into patties. Using approximately ½ cup of artichoke mixture, make patties (makes approximately 8 -- you can make smaller patties if you like). After patties are made, press into fresh bread crumbs, coating each side well. Use your hands to reshape into patty shape if necessary. Chill for at least one hour on plate covered with plastic wrap.

Melt half of the butter in heavy large skillet over medium to medium-high heat. Add half of the sesame oil to butter. Add four patties and cook until golden brown, about 4 minutes per side (turn gently with spatula so they don't break). Remove to ovenproof plate or baking sheet and keep warm in warm oven (200F). Cook remaining four patties, using remaining butter and sesame oil.

Serve two to a plate, with a dollop of cold or room temperature Lemon Caper Mayonnaise. Garnish with sprig of fresh dill, oregano or thyme and a thin, curled lemon slice.

Lemon Caper Mayonnaise:

½ cup mayonnaise (not low fat/no fat - the real thing!)
1 tsp freshly grated lemon peel
1 tsp fresh lemon juice
1½ tsp capers - drained and chopped
1 drop Tabasco
Pinch white pepper

Mix all ingredients in small bowl. Chill. (Can be prepared 2 days ahead.)

Makes 8 patties (4 appetizer portions).

Source: Original by Michelle M. Bass

Cheese Ball

Jean Ramsay

16 oz Cream Cheese (2 8-ounce packages)
2 cups Grated Cheddar Cheese
1 Tbsp Pimiento
1 Tbsp Chopped Green Pepper
1 tsp Worcestershire Sauce
1 tsp Lemon Juice
A dash of Salt and Pepper
Chopped Nuts

Combine softened cheeses. Add pimiento, green pepper, onion, Worcestershire sauce, lemon juice, salt and pepper. Mix well; chill overnight. Shape into ball; roll in chopped nuts until covered.



Chicken Satay

Hap Newsom

10 Wooden skewers

6 Shallots

¼ cup Coconut milk

1 Tbsp Brown sugar

½ tsp Salt

¼ tsp turmeric

1 ½ pound Boneless chicken breasts

6 Cloves garlic, peeled

2 Tbsp Lemon juice

1 Tbsp Coriander leaves (cilantro)

¼ tsp Whole cumin seeds

Soak skewers in cold water for 1 to 2 hours before grilling (I soak them overnight). Cut chicken into ¾ inch pieces. Place in a bowl.

In a food processor or blender combine shallots (or green onions), garlic coconut milk, lemon juice, sugar, coriander, salt, cumin seeds, and turmeric and blend into a smooth paste. Combine with meat and marinate covered in the fridge for 1- 2 hours (I marinate overnight in a ziplock bag). Thread meat onto skewers without crowding, 3 - 4 pieces per skewer. Grill or broil until crisp and browned, but still juicy, about 3 to 6 minutes, turning often. Serves 10.

Creamed Mushrooms on Toast

Karin Brewer

2 slices stale, firm-textured white bread

4 Tbsp butter

¾ pound mushrooms, quartered

¼ cup cognac or brandy

1 cup heavy cream

Salt

Freshly ground black pepper

Watercress sprigs

Preheat the oven to 350 F.

Remove the crust and cut the bread in half diagonally. Toast in the oven about 2 to 3 minutes on each side, or until golden brown. The bread should be very dried out as it will act as a platform for the sauce and soak up some of its creaminess.

In a large skillet, melt the butter over moderate heat. Add the mushrooms and sauté about 3 minutes. Add the cognac and cook another 2 minutes, or until slightly reduced. Add the cream and simmer until the cream is reduced by half, about 8 minutes. Season with salt and pepper.

Spoon the mushroom mixture evenly over the toast and garnish with the watercress sprigs. Serves 2 to 4.

From *Leftovers* by Kathy Gunst, Harper Perennial, NY, 1991; ISBN 0-06-096863-X

Crisp Quesadillas

Kathy Pitts

Flour tortillas (the biggest, thinnest ones you can find)

Oil for frying

Shredded cheddar, Jack, or jalapeno cheese (or a mixture)

Salsa for spooning on the above

Heat the oil in a large skillet (it should be at least ¼-inch deep). When the oil is very hot, but not smoking, place a flour tortilla in it. It will almost immediately puff up and turn brown. Turn and cook the other side, and when the tortilla is quite crisp, remove from the oil, and drain on paper towels. This may be done several hours in advance, if necessary.

At serving time, top the tortilla with a generous handful of grated cheese and pop it under the broiler until the cheese is just melted (this will only take a couple minutes.)

To eat this, everyone breaks off a hunk, tops it with a little hot sauce or salsa, and eats. I normally allow one 8-inch tortilla per person, or one 12 to 14 inch tortilla for two people

Dave's Dill Pickles

Dave Sacerdote

4 pounds Pickling Cucumbers
8 Dill heads
8 Garlic cloves
8 cups Water
2 cups White vinegar
½ cup Pickling salt
½ tsp Crushed red pepper
4 tsp Whole mustard seed

For whole pickles, select cucumbers that are 3 inches in length or less. If you can only get larger cucumbers, quarter them lengthwise into spears for best results. You should not use cukes longer than 6 inches for these pickles. Wash and dry the cucumbers. If making whole pickles, prick each cuke a few times with a fork. Place half the dill in the bottom of a scrubbed and sterilized gallon jar. Bruise the garlic and drop the cloves into the jar and add the crushed red pepper and mustard seed. Pack the whole cucumbers or spears into the jar and top with the remainder of the dill. (You may have some cucumbers left over when you're done here; depending upon the size of the cukes, there's a chance that not all of them will fit.)

Meanwhile, bring water, vinegar, and salt to a boil in a large saucepan. Boil for a few minutes, then allow to cool to room temperature. When the brine is cool, pour it over the cucumbers making sure they are completely covered. Screw the lid on the jar and put it in the back of the refrigerator to cure.

How long to cure: For classic deli half-sour dills, allow the pickles to cure for 3 weeks. For the taste of a fine

Polish dill, allow to cure for at least 6 weeks. Because the pickles are never cooked, they're nice and crunchy!

This recipe will also be successful if the ingredients are divided among smaller containers. (I prefer having one gallon jar in the fridge over several smaller jars; it takes up less shelf space.)

A note about the dill: I make these pickles right through the winter because the supermarkets here carry "baby dill" - small dill plants which get barely eight inches tall before they are harvested. You can use 2 baby dill plants in place of each dill head and the recipe comes out just as fine.

Sterilizing the jar: My pickle-curing jar is a big plastic jug. I can't boil it to sterilize it, so after scrubbing it in hot, soapy water and rinsing it well, I put in a splash of chlorine bleach, fill the jug half way up with cold water, screw on the lid, and shake it around. Then I pour off the bleachwater and rinse well again. Using this method, I've never had a batch of pickles "go bad" on me.

Deadly Habanero Sauce

Alison Meyer

2 cups habanero peppers, seeded and chopped
1 cup cider vinegar
1 Tbsp salt
1 tsp ground allspice
1 tsp thyme
Dash pepper
¼ tsp cinnamon
¼ tsp nutmeg
1 tsp sugar
1 Tbsp lime juice

Place peppers, salt, and vinegar in a nonreactive saucepan, cover, and heat over low heat until peppers are limp, about 10 to 15 minutes. You will want windows open, as the steam will irritate your eyes and throat.

Add in remaining ingredients, mix well, and re-cover the saucepan. Let sit until cooled, about 20 to 25 minutes. Carefully pour mixture into a blender and puree until smooth. Store in a glass container in the refrigerator.

Easy Cheese Spread

Sue Hathaway

1 package (8-oz) Kraft Old English Cheese
3 Tbsp grated onion
¼ cup Miracle Whip (or mayonnaise)

Cut cheese up in chunks and mash finely with a heavy fork. (It's much easier if you microwave the cheese for a few seconds to soften it.) Add grated onion, and mayo, beat with a spoon till soft. It does harden when chilled, so you may prefer a little more mayo in it. Serve on crackers.

Eggplant Dip

Michael Loo

1 large eggplant
1 small onion, cut into tiniest dice
Juice of 1 lemon
1 Tbsp salt
1 Tbsp pepper
1 clove garlic, crushed
Oil

Cut the eggplant in half lengthwise, rub the salt into it, and put it in a low oven (200 or so) until it's shriveled and soft and sort of disgusting looking. With a spoon, scrape the pulp from the skin. Discard the skin (actually, I eat it with a little leftover rice). Mix the pulp in a bowl with all the rest of the ingredients. Beat the heck out of it. Add oil every now and again until the mixture lightens in color and has a somewhat glossy look. Taste for seasoning. Serve with flatbread, pita, ordinary bread, vegetables, or crackers. Serves four as an appetizer.

Ice Cream Pail Pickles

Cheryl Shiels

3 cups white sugar
2 cups vinegar
1 Tbsp coarse pickling salt
1 tsp turmeric
1 tsp celery seed
1 tsp mustard seed

Boil the above mixture together and let it cool until lukewarm.

Fill an ice cream bucket about $\frac{3}{4}$ full of washed, sliced cukes (sliced like bread and butter pickles). Onion slices are optional for added flavor (onions are a necessity when I make them!) Pour lukewarm juice mixture over them, cover and refrigerate. Stir occasionally. The cukes will sink down into the juice and these are ready to eat within one or two days. Must be kept in the fridge and stirred occasionally. These are delicious!

Don't spill the juice on anything important. Turmeric must be the original yellow dye!

Mushroom Turnovers

Florence Thompson

Pastry:

8 oz cream cheese, softened
 $\frac{1}{2}$ cup butter
1 $\frac{1}{2}$ cup flour

Cream together cream cheese and butter. Add flour and blend to make pastry. Form into ball and chill one hour.

Filling:

3 Tbsp butter
1 large onion, finely chopped
 $\frac{1}{2}$ pound fresh mushrooms, chopped
2 Tbsp all-purpose flour
 $\frac{1}{4}$ tsp salt

1/4 tsp pepper
1/4 tsp thyme
1/4 cup sour cream
1 egg, beaten

Sauté onion and mushrooms in butter. Add flour, salt, pepper, and thyme. Stir. Add sour cream and stir until thickened. Remove from heat and cool thoroughly.

Assemble turnovers:

Roll chilled pastry as thin as possible. Cut into circles 3 inches in diameter. Brush edges with beaten egg. Put about 1 tsp filling in the center of each round. Fold and seal. Brush tops with beaten egg. Bake at 350 F for about 20 minutes.

Florence's notes:

- The original recipe called for the turnovers to bake at 450 F for 10 minutes. I found this temperature a little too high, but 350 for 20 minutes works well.
- These can be frozen before baking, but should still be brushed with egg before baking.
- I baked them and then froze them for later reheating. It worked beautifully.

Adapted from *Company's Coming - Appetizers*.



Peanut Dipping Sauce

Hap Newsom

- 1 cup Peanut butter
- 1 Tbsp Soy sauce
- 2 Tbsp Rice vinegar
- 2 Tbsp Oriental sesame oil
- 1 Tbsp Sugar
- ½ tsp Thai red curry paste
- 1 tsp Indian curry powder (yellow)
- 1 tsp Chili powder
- ½ tsp Salt
- 3 cups Milk or half-and-half

Combine all ingredients in a large bowl and mix carefully. Once a smooth paste is achieved, taste and make adjustments in the various ingredients until you have the taste that you like.

If the sauce is too thick add more milk, if it is too thin add peanut butter.

Serves 6

Pico de Gallo (Rooster's Beak)

Kathy Pitts

Pico de Gallo is a Tex-Mex classic. It's an uncooked salsa that's best made and consumed fresh (or at least within 24 hours).

To make it, simply chop up as many ripe tomatoes as you like - if possible, the small Roma tomatoes are best for this, as they are meatier, but any good-tasting tomato will do. Finely chop white or green onions until you have about half as much onion as tomatoes. Mix together. Add two or more (to taste) finely chopped fresh jalapeno or serrano chilies to this mixture, and as much chopped cilantro as you like. Feel free to omit the cilantro if you hate it.

Some people simply add a little water to make the pico a little juicier. Personally, I like to add a little olive oil and lime juice to mine (seems to give it a little nicer taste), but this is not necessary. Not traditional, but an excellent addition, is finely chopped cubed avocado.

Sorry this isn't a more explicit recipe, but this is one of those dishes that everyone makes, and nobody ever measures or writes down. Fuss with it, and you'll come up with something you like.

Pot Stickers

Teri Chesser

½ pound Chinese cabbage
¾ pound ground pork
4 Tbsp oil
1 ½ cups chicken broth
1 tsp salt
¼ tsp minced ginger
2 Tbsp green onions
1 Tbsp sesame oil
2 tsp cornstarch
1 tsp dry sherry
2 Tbsp soy sauce
Dash of ground pepper
1 package won ton wrappers

Combine cabbage, ground pork, salt, ginger, green onion, sesame oil, cornstarch, sherry, soy sauce and pepper in a bowl. Place 2 tablespoons of the mixture in each won ton wrapper. Fold wrapper in half and pleat the edges. Makes about 30 pot stickers.

Heat 2 tablespoons oil in a warmed, non-stick frying pan on medium heat. Place 15 pot stickers, pleat side up, in the pan for one or two minutes, or until brown. Pour ¼ cup of chicken broth in the pan, cover, and cook for 4 minutes. Uncover pan and cook until all liquid is absorbed. Remove pot stickers; repeat with the remaining 15 pot stickers. Serve with dipping sauce.

Dipping sauce:

2 Tbsp soy sauce
1 tsp sesame oil
2 Tbsp white vinegar
2 tsp hot bean sauce

Combine soy sauce and sesame oil with vinegar and bean sauce in a small bowl to make the sauce. Enough for 30 pot stickers.

Originally from Spring Valley Women's Club, 1985

Potato Chip Munchies

Ken Bagala

See if your friends can guess what these cookies are made of!

1 cup softened margarine
½ cup sugar
1 tsp vanilla
1¾ cup all-purpose flour
1 cup crushed, plain potato chips (5 cups uncrushed)

Beat together margarine, sugar, and vanilla until fluffy. Combine flour and crushed chips and add gradually to the margarine/sugar mixture until all is well mixed. Drop by rounded teaspoonfuls onto ungreased cookie sheet. Flatten lightly with a fork dipped in sugar. Bake at 350 for 12 to 15 minutes or until golden. Makes about 3 dozen.



Roasted Garlic and Bean Spread

Iris Grayson

- 1 whole head garlic, separated but not peeled (about 12 cloves)
- 2 cans small white beans
- ¼ cup lemon juice
- 1 Tbsp olive oil
- 1 Tbsp snipped fresh parsley
- ¼ cup minced red onion
- ¼ cup minced sweet green pepper

Bake garlic in a small baking dish at 400 degrees until soft, but not brown (about 15 minutes). When cool, slip garlic skins off and trim the ends. Place half the beans, the lemon juice, oil and garlic in a food processor. Puree until smooth, then transfer to a medium bowl. Stir in remaining beans, parsley, black pepper and half the onions and green peppers. Mash with a fork. Garnish with the remaining onions and peppers. Makes 3 cups.

From BEANO NEWSLETTER, 3/94

Red Deviled Eggs

Joann Pierce

- 6 egg yolks, hard cooked
- 2 Tbsp mayonnaise or salad dressing
- 1 tsp grated onion
- 1 tsp prepared mustard
- ½ tsp Worcestershire sauce
- 1 can (2½ oz) deviled ham
- Salt and pepper to taste

Mix all ingredients together - adjust mayo for desired creaminess. Pile back into egg white halves. Garnish with a sprinkle of paprika



Seafood Stuffed Eggs

Rebecca Kissel

8 boiled eggs, halved lengthwise
¾ cup evaporated milk
1 Tbsp plus 1 tsp lemon juice, divided
¼ tsp ground white pepper
¼ pound chilled, minced, cooked seafood (some ideas:
leftover fish, crabmeat, shrimp)
½ cup minced cucumber
¼ cup minced celery
¼ cup plain yogurt
¼ tsp each grated lemon peel, salt, pepper

In medium bowl sieve egg yolks, add milk, a tablespoon of lemon juice, and white pepper. Mix well and pass through sieve until smooth. Cover and chill. In another bowl combine remaining ingredients (except hard boiled egg whites). Fill each egg white with 1/16 of mixture, cover with egg yolk sauce. Makes 8 servings, about 119 calories each.

Seven Day Sweet Pickles

Bert Quillin

20 to 30 medium cucumbers
2 Tbsp mixed pickling spices
8 cups sugar
5 tsp salt
4 cups cider vinegar

Cover cucumbers with boiling water. Allow to stand overnight, drain, repeat for the next three mornings. On the fifth day, drain and slice cucumbers in ½-inch pieces. Combine the rest of the ingredients, bring to boiling and pour over cucumbers. Let stand for two days. On the third day, bring to a boil and seal in hot sterilized jars.

4 cups water
4 cups rhubarb stalks with red skin, unpeeled and diced
 $\frac{3}{4}$ cup sugar
Juice and zest of one orange or lemon

Simmer rhubarb in water until very tender, about 20 minutes. Strain. Add juice, zest (rind), and sugar. Stir until sugar has dissolved. Chill well and serve over ice in tall, clear glasses. Serves 4.

April's Comments: Excellent! Skip the zest or strain it out before serving.

From *"Seasoned With Grace - My Generation of Shaker Cooking"* by Eldress Bertha Lindsay, The Countryman Press, Woodstock, VT - ISBN 0-88150-099-2, 1987

Soft-shelled Cicadas

John Hartman

60 freshly emerged 17 year Cicadas
4 eggs, beaten
3 cups flour
Salt and pepper to season
1 cup corn oil or slightly salted butter

The seventeen year cicada is considered a delicacy by nearly every living creature and when emerging, by the millions, stuff every animal for miles. Birds have trouble getting off the ground. Foxes waddle. Garter snakes are lumpy. Dogs and cats curl up and sleep all day. In former times, the Native Americans found them to be a worthy addition to their diets when available.

The cicadas emerge at night and hang like snow white Christmas ornaments from the trees. As they dry, their color darkens to a black with orange decorative stripes. They are at their finest at night when they just emerge and are still soft. They make great campfire cooking fare. For those who are interested, they are kosher!

The best way to prepare them is to dip them, still alive, in beaten egg, roll them in the seasoned flour and then gently sauté them until they are golden brown. They have a wonderful rich nutty flavor. Preparing them is simplicity itself. Sixty cicadas provide an appetizer for four.

To find a supply of cicadas, call or write a local college or university department of entomology. They can supply information as to which brood will be emerging in your area or near your area. They may be able to supply a general map and even specific dates when the emergence will occur. Here, in Indiana, we will have to wait until about Memorial Day weekend, 2002 AD. So you see, this is not a treat that you can just go out and pick up at Krogers. It is worth the wait, even if it is just to say that you have done it!

Sonya's Rhubarb Relish

Dan Klepach

4 cups rhubarb (fresh or thawed frozen)
4 cups chopped onions
1½ cups cider vinegar
1½ cups brown sugar, firmly packed
2 tsp salt
1 tsp allspice
1 tsp ground ginger
1 tsp ground cloves
1 tsp freshly ground black pepper
¾ tsp ground cayenne pepper

Combine rhubarb and onions together in the vinegar sugar-mixture for five minutes. Add salt and spices. Simmer for 2 hours; do not boil (stir occasionally to prevent sticking). Pour into serving dish and cool before serving. Makes about 9 cups. This relish as a sneaky bite to it. Great for your summer cookouts.

From *Diabetic Delights* by Ginger Muscalli, R.D; Johns Hopkins

Stuffed Anaheim Chiles
with Oregano Vinaigrette

Michelle Bass

- 5 large Anaheim chiles, halved, seeded and inner pith removed, rinsed and drained
- 2 4-oz. packages garlic and herb cheese spread at room temperature (one brand is Rondele)
- 2 Tbsp minced shallots
- ¼ cup minced celery heart
- 1 Tbsp minced Anaheim chile (cut up one chile for this)
- ½ tsp coarsely ground black pepper
- ¼ tsp anchovy paste
- 2 Tbsp freshly grated imported Romano cheese
- 1 Tbsp freshly grated imported Parmesan cheese
- ½ tsp dried cilantro, crumbled
- ½ tsp Dijon mustard
- 4 Tbsp seasoned bread crumbs

Preheat oven to 375F. Combine all ingredients (except four chili peppers) in mixing bowl and mix together with fork. Spray large baking sheet with Pam or oil lightly with olive oil. Stuff chile halves with stuffing mixture, mounding slightly on top; place on prepared baking sheet. Bake for 30 minutes; filling will be slightly browned. Place two baked stuffed halves on each of four small plates and drizzle with oregano vinaigrette; serve immediately.

Oregano Vinaigrette:

- 3 Tbsp red wine vinegar
- 4 Tbsp extra-virgin olive oil
- 1 tsp dried oregano - crumbled
- ½ tsp garlic powder
- Pinch black pepper
- 2 pieces anchovy paste (pencil eraser size pieces)

Mix all ingredients together well with fork or whisk. Stir again before serving. Serves 4 as an appetizer.

Source: Original by Michelle M. Bass

Texas Toast

Karin Brewer

4 oz sharp cheddar cheese, shredded
1 stick (½ cup) butter or margarine
1/8 tsp pepper
1 tsp dry mustard
16 thick slices of bread

Preheat the oven to 400 F.

Combine the cheese, butter or margarine, pepper, and mustard in the top of a double boiler or in a heavy-bottomed saucepan. Heat until blended and smooth, stirring with a wire whisk.

Meanwhile, toast the slices of bread.

Spread the cheese mixture on the toasted bread, cut into quarters, and bake until browned, about five minutes. Makes about 64 squares.

Two or three drops of Worcestershire sauce on each quarter toast will enhance the sharp "cheesy" flavor of this hors d'oeuvre.

From *Nanny's Texas Table - Texas Country Cooking at the Houghton Ranch* by Larry Ross, Simon and Schuster, NY, 1987. ISBN 0-671-62534-9

Thirst Quencher

Gord Hannah

Mix 3 ounces of grape juice from concentrate (your choice, red or white) with 5 ounces of club soda in a chilled glass or over ice. This can be a base for a very good non-alcoholic punch also. Ginger ale and lemon/lime soda work well also.

Turnip, White Bean and Sage Puree with Lemon

Diane Lazarus

1 cup dried small white beans, soaked and drained
5 cups warm water
1 small onion, peeled and stuck with 1 whole clove
1 small whole turnip, peeled
1 small carrot
1 small stalk celery
1 large whole garlic clove
1 small red whole dried chile
5 sprigs parsley
1 small bay leaf
2 Tbsp lemon juice
2 tsp lemon peel, minced
6 medium sage leaves, minced, plus a few extra for garnish
¼ cup olive oil
¼ cup red onion(s), minced
Salt and pepper to taste

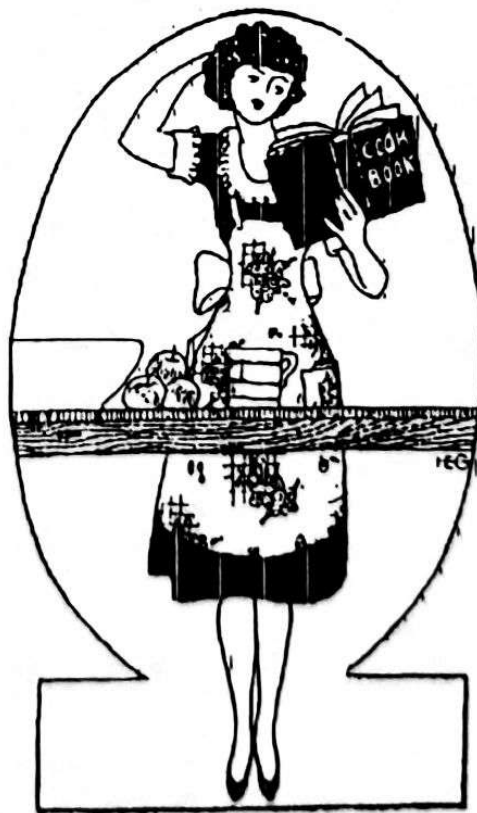
Put beans in a deep saucepan or Dutch oven along with water, onion, turnip, carrot, celery and garlic. Tie chile, parsley and bay leaf together in a cheesecloth bag and add to the pot. Bring to a boil, cover and lower the heat. Simmer for 40-60 minutes or until the beans are very soft. Remove and discard onion, carrot, celery, and cheesecloth bag. Drain beans, saving the turnip and the garlic. Puree the beans, turnip and garlic in a food processor until smooth. Transfer mixture to a bowl and add the lemon juice, lemon peel, sage, olive oil and red onion. Taste for salt and pepper. Serve at room temperature with an additional sage leaf for garnish if desired. Use as a dip or as a side dish. Makes 2½ cups.

Diane's Notes: this has become my signature dish to take anywhere.

From: *The Versatile Grain and the Elegant Bean* by Sheryl and Mel London, ISBN 0-671-76106-4, pg. 481

10 cups chopped or grated zucchini
4 cups chopped or grated onions
1 red pepper, diced
1 green pepper, diced
5 Tbsp coarse pickling salt
5 cups granulated sugar
2½ cups white vinegar
2 tsp celery seed
1 Tbsp turmeric
1 Tbsp cornstarch
1 tsp black pepper

Mix together zucchini, onions, peppers, and salt, and let stand overnight. The next day, rinse and drain. In a large pot, mix sugar, vinegar, celery seed, turmeric, cornstarch and black pepper. Bring to a boil and add zucchini mixture, mixing well. Simmer 30 minutes, pour into jars and seal at once. Makes 6 pints.



FOR THOSE *Write* IN RECIPES

For those who like to write in recipes
a small notebook is a very handy thing
and it is a good idea to have one
for each of your recipes. It is a good
idea to have one for each of your recipes.
It is a good idea to have one for each of your recipes.
It is a good idea to have one for each of your recipes.



Soups and Salads



Colorful salads
taste best you know,
Adds to the meal
makes appetites grow:

FOR THOSE *Write* IN RECIPES

Acorn Squash Soup with
Corned Beef & Walnuts

Joel Ehrlich

1 ½ pound lean corned beef
3 quarts water
Black peppercorns
Nutmeg
Mace
Bay Leaf
Juniper Berries
Cloves
2 quarts corned beef broth
2 pounds acorn squash, peeled, seeded & cubed
1 ½ cups heavy cream
4 oz prepared horseradish, drained
Salt and pepper to taste
6 oz walnuts, shelled & toasted
4 Tbsp chives, snipped

Cook the corned beef with water and seasonings until tender, then remove it from the broth, trim off the fat, and cube the meat. Reserve two quarts of the water in which the corned beef is cooked.

Defat the broth, add the squash, and cook until tender. Cool. When cooled, use a food processor to puree. Add the cream and horseradish, season to taste with salt and pepper, and add the cubed corned beef.

Sprinkle with toasted walnuts and chives immediately before serving. Serves 12.

By Chef Fritz Sonnenschmidt



Bean Salad With Corn

April Bowman-Fox

1 can (16 oz) chick peas, drained & rinsed
1 can (16 oz) red kidney beans, drained
1 can (16 oz) green beans, drained
1 can (16 oz) whole kernel corn, drained
½ cup onion, chopped
3 Tbsp sugar
¾ tsp salt
¾ tsp dry mustard
1 ½ tsp dried basil
1/3 cup cider vinegar
1/3 cup salad oil

Combine chick peas, kidney and green beans, corn, and onion in a large bowl. Blend sugar, salt, mustard, and basil in a medium sized bowl. Stir in vinegar and beat in oil until well blended and creamy. Pour dressing over salad. Toss lightly. Cover and keep at room temperature for up to 2 hours, or in the refrigerator for up to 3 days. This salad is best served at room temperature. Makes 12 one-half cup servings.

From Community Suppers and Other Glorious Repasts
by Jeanne Voltz ISBN 0-684-18664-0



Black Bean Salsa

Richard Douville

- 1 pound dry black beans, cooked
- 3 pound ripe tomatoes, chopped
- 1 large onion, diced small
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- ¼ cup olive oil
- 2 Tbsp chili powder (or more to taste)
- ¾ cup lime juice (or more to taste)
- 2 Tbsp salt (or more to taste)
- 4 jalapenos, minced
- 1 bunch fresh cilantro, chopped

This is another flexible recipe, with quantities added to taste. Get plenty of beans and tomatoes, since this color-texture combination is very pretty indeed. Step up the heat with more (and various) hot peppers if desired. Chop the tomatoes large for salad; chop them smaller for dipping salsa. Mix everything together in a large bowl. This is a great make-ahead recipe, because it must be refrigerated overnight. The salt needs time to break down the tomatoes and other vegetables. This recipe is actually best once marinated for 2 to 4 days. Serves a crowd as an appetizer, with tortilla chips of course, and serves 12 or more as a side salad (scoop onto a lettuce leaf) for a Southwestern Fiesta Dinner.

Blue Cheese Dressing

Pat Stockett

- 4 ounces blue cheese, crumbled
- 3 ounces cream cheese
- ½ cup mayonnaise
- 1/3 cup light cream (20%)

Reserve 1/3 of the blue cheese. In a small mixer bowl, blend remaining blue and cream cheese on low speed. Beat in Mayonnaise and cream on medium speed until creamy. Stir in reserved blue cheese in lumps. Cover and refrigerate at least 3 hours. Overnight is better.

½ head medium size cabbage (green or red or a bit of each)

1 large yellow onion (not the HUGE ones, just the cheap ones and a big one of that type. About ½ to ¾ cup worth, chopped fine)

Hellmans/Kraft/Best Foods mayo to coat cabbage.

Salt and pepper to taste (I use lots of both!)

Optional additions:

Sesame seeds

Celery and/or celery seeds

Cumin (I really like it in this one!)

Olives, green and/or black

Grated or fine chopped carrot

Mustard- prepared or powdered

1/8 tsp Wasabi powder

Those little pimento bits left in your olive jar <grin>.

Okay! I like Coleslaw but am on a sugar restricted diet. I am NOT on a sodium restricted diet. Fact is after all these years, I really don't like sweet-tasting things much. In an effort to economize, I buy cabbage a good bit but I cant stand that 'sweet coleslaw' that is all you can buy. So here's how to make your own for very little money. Feel free to add other things to it!

Note: This one is NOT low-fat but the fat can be reduced by using a lower-fat mayonnaise in place of the regular one. Fat restricted diet folks should use a lower fat version, It might work with the Safflower mayo-like substitute but I haven't tried it. Sugar restricted diet folks should avoid Miracle Whip and best off, make your own Mayo with eggs and oil alone.

Calorie count will vary widely based on amount of salt and mayo used but normally it will be fairly low per serving. Sugar and fat content will vary based on mayo type and amount.

Cream of Mushroom Soup

Ian Hoare

1 pound Mushrooms
Juice of one lemon
3 oz butter
1 shallot or 1 Tbsp onion, chopped
1 small clove garlic
Salt & pepper
2 oz flour
2 pints beef stock
4 fl oz double cream

Make a duxelles as follows. Chop garlic finely and add, with the onions or shallots, to 1/3 of the butter in a pan. Sweat, then cook gently till golden. Meanwhile prepare mushrooms, chop and sprinkle with lemon juice. When onions/shallots are golden, add mushrooms and cook. If they exude a great deal of liquid, strain and boil down separately to avoid overcooking the mushrooms. Season with salt, pepper and nutmeg.

Make a roux from remaining 2 oz of butter and the flour. Add stock and make a sauce as usual. Simmer 20 minutes. Add mushroom duxelles and cook a further 10 minutes. Just before serving, correct seasoning and add cream. Serves 6.

Fish Cooked in Tomato Water

Joel Ehrlich

2 pounds red, ripe tomatoes
Coarse ground salt
3 pounds fish: Trout, Bass, Bluefish, Carp, Pike, Perch,
Haddock or Mackerel
Clarified Butter
Lemon Thyme
Basil
12 Cherry Tomatoes

Core and chop the two pounds of ripe tomatoes. Sprinkle liberally with coarse ground salt. Puree in a food processor, then pour puree into a cheesecloth and

tie the top closed. Place the cheesecloth in a colander over a large bowl and collect the drippings for two to three hours.

Preheat the oven to 325 degrees F.

Scale and clean the fish, and rub both sides of the fish generously with clarified butter. Place the fish on a greased oven proof baking dish. Bake at 325 F until the fish is done (about 30 minutes), basting frequently with clarified butter. Pour the collected tomato water into a soup pot. Add lemon thyme and basil to taste. Bring to a boil, then remove from the heat. Cut the cherry tomatoes in half and add to the soup. Add the fish and serve. Serves 4.

By Chef David Bouley

Fred's Chicken and
Andouille Gumbo

Fred Towner

1 cup oil
1 chicken - cut up or boned
1 ½ lb andouille sausage - or kielbasa
1 cup flour
¾ cups onions - chopped
2 cups celery - chopped
2 cups green pepper - chopped
3 tsp garlic - chopped
8 ½ cups chicken stock
Salt
Cayenne pepper
2 cups green onion - chopped
File
Cream sherry
Cooked rice

Season and brown chicken in oil (lard or bacon drippings may also be used and are traditional) over medium-high heat. Add sausage (cut in ¼" rounds) to pot and sauté with chicken. Remove both from pot.

Make roux with equal parts of oil and flour to desired color (I make a dark chestnut color).

Add onions, celery, green pepper, and later garlic to roux, stir continuously until vegetables reach desired tenderness. Return chicken and sausage to pot and cook with vegetables, continuing to stir frequently. Gradually stir in liquid and bring to boil. Reduce to simmer and cook for an hour or more. Season to taste. Approximately 10 minutes before serving, add green onions.

Gumbo may or may not be served over rice. Adding sherry at the table is also an option. File may be placed on the table for individuals to add to their gumbo if they wish. $\frac{1}{4}$ to $\frac{1}{2}$ tsp per serving is recommended. (File is a fine green powder that is young dried and ground sassafras leaves, used in gumbo for flavor and thickening. The word "file" means to twist or make threads. If you put the file directly into the gumbo while it is cooking, that is what you will end up with, a liquid that is rather stringy as you bring your spoon out of the bowl. Ugh! Do it right, let each person add their own at the table.)

If making roux over very high heat, the oil you use must be free of food particles to avoid burning. If you scorch your roux, even slightly, while you are making it, throw it out, and start over again after you have thoroughly cleaned the pot.

Be very careful making the roux. Justin Wilson used to refer to roux as Cajun napalm. If it splashes and lands on bare skin it will burn badly.

When making an okra gumbo, add 4-6 cups of cut okra to trinity, sauté, and cook together with roux. (remember, the Cajun cooking trinity is onions, celery and green pepper).

1 large roasting chicken, about 5 pounds, disjointed
Salt, cayenne pepper, and powdered garlic to taste
2½ cups flour
1 cup vegetable oil
2 cups onions, coarsely chopped
1½ cups celery, coarsely chopped
2 cups green pepper, coarsely chopped
6 cups chicken broth
1½ tsp fresh garlic, minced
1 pound Andouille sausage or kielbasa, finely minced
4 cups fluffy rice

Cut chicken breasts in half crosswise to get a total of ten pieces of chicken. Season with salt, cayenne pepper and garlic powder and let stand at room temperature for 30 minutes. Measure flour into a large paper bag. Add chicken and shake until well coated. Remove chicken and reserve the flour.

In a large skillet, brown chicken in very hot oil, remove and set aside. Stir oil remaining in the skillet with a wire whisk to loosen any brown particles remaining in the bottom of the pan. Whisk in 1 cup of the remaining flour and stir constantly until the mixture of oil and flour (the roux) becomes dark brown (not black, though.) Remove from heat and add onions, celery, and green bell pepper, stirring constantly so they do not burn.

Transfer roux and vegetables to a large heavy saucepan. Add stock to roux and vegetables and bring to a boil, stirring. Lower heat to a quick simmer and add garlic, sausage, and chicken. Continue cooking, covered, until the chicken is tender, 1¾ to 2 hours. Adjust seasonings and serve in pretty bowls over steamed white rice.

The recipe is originally from *The Commander's Palace New Orleans Cookbook*, typed from my morning newspaper. We've had it many times and it is one of our favorites.

Health Salad In a Pita

Chris Fernald

½ cup plain low-fat yogurt
2 Tbsp chili sauce
1 Tbsp mayonnaise
1 Tbsp chopped fresh parsley
½ tsp dillweed
4 pita (pocket) breads (1 ounce each)
4 slices American, Swiss, or Muenster cheese (1 oz each)
1 large tomato, thinly sliced
1 green pepper, thinly sliced
1 small red onion, thinly sliced
8 mushrooms, sliced
½ cup alfalfa sprouts

Stir together yogurt, chili sauce, mayonnaise, parsley, and dill weed; set aside. Toast pita breads slightly to warm. Cut breads partway around to form a pocket. Add one piece of cheese to each. Stuff with some of each of the vegetables, ending with sprouts. Spoon dressing over veggies. Four servings.

From *Woman's World* magazine.

Hoppin John Soup

Dale Shipp

½ cup black eyed peas
3 cups chicken broth
1 cup water
¼ tsp crushed red pepper
1 clove garlic, finely chopped
½ pound hunk of ham, cubed
½ cup onion, chopped
¼ cup rice, uncooked
½ cup green pepper, chopped
¼ tsp black or white pepper
1 tsp celery seed
2 cups fresh collard greens, finely chopped
1 cup V8 vegetable juice
2 chicken bouillon cubes

Heat peas and water and broth to boiling in large sauce pan or Dutch oven. Boil uncovered 2 minutes; remove from heat. Cover and let stand 1 hour. Do not drain.

Stir in crushed red pepper, garlic and ham. Heat to boiling, reduce heat. Cover and simmer 1 hour to 1 hour 30 minutes or until peas are tender. (Do not boil or peas will burst). Stir in rice, onions, bell pepper, pepper, celery seed, one cup V8, and 2 chicken bouillon cubes. Cover and simmer about 25 minutes, stirring occasionally.

Cut stems out of center of collard green leaves. Slice and chop in match size strips. Stir in collard greens, simmer until heated through. Serves 4, and can easily be doubled.

Master Recipe for Hearty
Chicken Noodle Soup

Diane Lazarus

1 Tbsp vegetable oil
1 whole chicken, about 4 pounds.
2 medium onions, cut in medium dice
2 qt boiling water
Salt
2 bay leaves
1 large carrot, peeled and sliced 1/4" thick
1 celery stalk sliced 1/4" thick
1/2 tsp dried thyme
2 cups wide egg noodles (about 3 oz)
1/4 cup parsley, minced
Ground black pepper

1. Cut up the chicken - remove and split the breast, then cut the remainder into 2-inch pieces. Heat oil in large soup kettle. When oil shimmers and starts to smoke, add chicken breast halves; sauté until brown on both sides, about 5 minutes. Remove and set aside.

Add half the chopped onions to kettle; sauté until colored and softened slightly, 2-3 min. Transfer to medium bowl; set aside. Add half the chicken pieces; sauté until no longer pink, 4-5 min. Transfer to bowl with onions. Sauté remaining chicken pieces. Return onions and chicken pieces, excluding breasts, to kettle. Reduce heat to low, cover, and simmer until chicken releases its juices, about 20 min. Increase heat to high; add boiling water along with both breast halves, 2 tsp salt, and bay leaves. Return to simmer, then cover and barely simmer until chicken breasts are cooked and broth is rich and flavorful, about 20 min.

2. Remove chicken breasts from kettle; set aside. When cool enough to handle, remove skin from breasts, then remove meat from bones and shred into bite-size pieces; discard skin and bones. Strain broth; discard bones. Skim fat from broth, reserving 2 tablespoons..

Broth and meat can be covered and refrigerated for up to 2 days.

3. Return soup kettle to medium-high heat. Add reserved chicken fat. Add remaining onions, along with carrot and celery; sauté until softened, about 5 min. Add thyme, along with broth and chicken; simmer until vegetables are tender and flavors meld, 10-15 minutes. Add noodles and cook until just tender, about 5 min. Adjust seasoning, stir in parsley, and serve. Makes 3 quarts.

Variation with Orzo and Spring Vegetables:

Follow steps 1 and 2 of Master Recipe. In step 3, substitute 1 medium leek, rinsed thoroughly, quartered lengthwise, then thinly sliced crosswise, for 1 onion. Substitute $\frac{1}{2}$ cup orzo for egg noodles. Along with orzo, add $\frac{1}{4}$ lb trimmed asparagus, cut in 1-inch lengths, and $\frac{1}{4}$ cup fresh or frozen peas. Substitute 2 Tbsp minced tarragon leaves for the parsley.

Variation with Leeks, Wild Rice, and Mushrooms:

Follow steps 1 and 2 of Master Recipe. While broth is simmering, cook $\frac{1}{4}$ cup wild rice, following package directions. Use 1 cup hot chicken broth to rehydrate $\frac{1}{2}$ oz dried wild mushrooms, about 30 min. In step 3, substitute 1 leek, rinsed thoroughly, quartered lengthwise, then thinly sliced crosswise, for 1 onion and omit celery. When leek and carrot have softened (about 5 minutes), add $\frac{1}{4}$ lb sliced mushrooms, domestic or wild; continue to sauté until mushrooms are softened, about 5 minutes more. Drain and chop dried wild mushrooms; reserve soaking broth. Pour soaking broth through strainer lined with coffee filter to remove grit. Add this liquid and the dried mushrooms, along with chicken broth, to kettle. Simmer according to Master Recipe, stirring in cooked rice during last 5 minutes of cooking.

Broth vs Stock:

Broth is made with a whole chicken or chicken parts and simmered until the chicken is done. The chicken is pulled from the pot and used in soup or salad. Stock, on the other hand, is made from the chicken's bones, which are simmered until they're completely spent, having given every ounce of their flavor to the liquid.

You can easily use the Master Recipe to make a quick, full-flavored chicken broth for another use. Simply follow the recipe through the end of step 1, using three pounds of chicken legs (or other parts), ignoring references to the breast. At the end of step 1, strain and discard the solids, and the broth is ready to use.

The recipe can also be adapted to make chicken stock. Simply follow the instructions for making broth, but substitute four pounds of chicken backs (or other parts) for the three pounds of chicken legs.

Adapted from Cook's Illustrated, April 1996

Mongolian Beef & Barley Soup

Delores E. Rowe

4 pounds beef marrow bones
1 pound chuck steak, cubed
3 oz pearl barley
10 medium beef bouillon cubes
1 ½ tsp sugar
¼ tsp coarse black pepper
3 oz potato flakes
12 cups water
Salt and pepper to taste.

Wash barley and soak overnight.

Using a heavy gauge pot with lid, put bones, chuck and barley into the 12 cups of water and bring to a boil. Cover, leaving a slight vent for steam. Lower to simmer, and continue cooking for 90 minutes. Remove bones, but return marrow. Add bouillon cubes, sugar, coarse black pepper and salt to taste. Stir in potato flakes. Simmer for 3 minutes. Serve piping hot with freshly baked bread. Serves four.

New Potato Salad

Gail Shipp

2 pounds new red potatoes, with skins on
6 hard boiled Eggs, sliced
¾ cup thinly sliced green onion, including tops
1 ½ tsp black mustard seeds
1 ½ tsp celery seed
1 ¼ cup Hellman's mayonnaise
1 ½ tsp prepared yellow mustard
Salt to taste

Boil potatoes with skins on. Leave the skins on. Drain and let cool. Dice into ½ inch cubes and place in large mixing bowl. Add remaining ingredients and mix well. Taste to adjust flavor. Depending on how much the potatoes absorb, mayo and mustard may have to be increased.

Potato Salad

Walter Hanig

Boiling potatoes (Yukon Gold, White Rose, red-skinned)
Italian salad dressing, or Caesar, or homemade
vinaigrette

Scallions (green onions)

Parsley, either curly or flat leaf

Celery

Dill pickles (not too mild)

Hard-cooked eggs

Garlic

Salt

Black pepper

Thyme

Mayonnaise

Mustard (Use some yellow "ballpark" and a little Dijon
or Dusseldorf if you have either)

Hot sauce (lately, I've used Melinda's Amarillo, a
mustard & red pepper sauce. Before that I used
Crystal. Tabasco would do also.)

Paprika

Place potatoes in boiling salted water and cook until
tender. A sharp knife will meet little resistance when
stabbing the helpless spuds. If the potatoes are not
similarly sized, either put the biggest ones in the water
first, or remove the smallest ones from the boiling water
first.

Drain the potatoes and peel if desired. While still hot, cut
into $\frac{1}{2}$ - $\frac{3}{4}$ pieces. Precision is not important. Mix the
potatoes with a little salad dressing of your choice. You
don't want so much that you can see it in the bowl.
Maybe $\frac{1}{4}$ cup to 3 pounds of potatoes. Cover the
potatoes and refrigerate for 2 hours.

Meanwhile, slice scallions thinly, chop parsley, dice
celery, dice pickle, chop eggs, and mince garlic into a
paste with some salt. Mix the scallions, parsley, celery,
pickle, eggs, and garlic with the cooled potatoes. Add
black pepper and about $\frac{1}{4}$ tsp. thyme. Add mayonnaise
and mustards. I'd guess 3 or 4 parts mayonnaise to

mustards. You want enough mayonnaise to hold it all together, but you still want very distinct chunks of potato. Add mustard for color and flavor. A little Dijon or Dusseldorf mustard adds an interesting tang. Add a couple of dashes of hot sauce to taste and mix well.

Adjust seasonings, remembering that a little more will be needed for foods served cold. Sprinkle on paprika for color.

Walter's notes:

- Originally, I used *The Betty Crocker Cookbook* recipe, but that was over 20 years ago. Since then I've tweaked until it tastes like my wife's grandmother's potato salad, plus some additions. My wife always sprinkles hers with a little balsamic vinegar.
- I've found that this potato salad, like many other "old-fashioned" dishes, is still very popular, when made from scratch.
- Miscellaneous additions I've wanted to try: minced anchovy, crumbled bacon, diced purple onion.
- Sorry about the lack of quantities. Make it how YOU like it!



TELEGRAPHIC ADDRESS: BACON TELEX: 2725

Pumpkin Soup

Karen Mintzias

- 1 Onion; sliced or diced
- 2 Garlic cloves; peeled
- 6 cups Water
- 16 oz Cooked pumpkin (canned is okay)
- 1 tsp Salt; or to taste
- 1 dash Pepper
- ½ tsp Sugar
- ¼ tsp Galangal powder or ground ginger
- ½ cup Coconut milk, canned

Simmer onion and garlic in water until very soft. Transfer to blender or food processor. Add cooked pumpkin and process until mixture is smooth. Blend in remaining ingredients. Heat soup gently just before serving.

Rain's Gazpacho

Rain

Chill and finely chop together all the following:

- 1 medium to large Vidalia or other mild onion
- 2 peeled cucumbers
- 2 to 4 *good, ripe, local* tomatoes, depending on size
- Half a bell pepper (or a whole Mexi-bell if you like a mild bit of zing)
- 16 oz. tomato juice
- 1 can consommé, undiluted
- ¼ cup vinegar, preferably red-wine vinegar
- Whole green and/or red chilies to taste
- Fresh garlic cloves (be generous)
- Freshly ground black pepper

Let sit in fridge overnight for full flavor development (a test of character I tend to fail, but if you wait, you can eat it for breakfast next day.) Serve in chilled bowls, topped with a dollop of plain yogurt or sour cream and some chopped scallions. Garlic toast and iced tea alongside and cantaloupe to finish are excellent. This can be made in a blender, but I like a slightly chunkier consistency.

Salat Iz Morkovi
(Carrot Salad)

Rina de Jong

375 g carrots, grated coarsely (12 oz)
2 to 4 garlic cloves, crushed
75 ml mayonnaise (3 fl. oz)
Salt
3 Tbsp chopped fresh parsley to garnish

In a bowl, mix the carrots and garlic thoroughly. Add the mayonnaise and salt to taste. Mix well and chill in the fridge for at least four hours. Just before serving, garnish with the parsley. Serves 4.

Salat Iz Svyokly S Orekhami
(Beetroot and Walnut Salad)

Rina de Jong

250 g cooked beetroot, peeled and chopped (8 oz)
75 g walnuts, chopped finely (3 oz)
2 large garlic cloves, chopped finely
3 Tbsp mayonnaise, preferably homemade
Salt and pepper
4 to 5 walnuts, halved, for garnish

In a bowl, mix together the beetroot, walnuts, garlic, and mayonnaise. Season to taste. Place in the fridge for at least three hours, or even better overnight. Serve in a bowl, decorated with the walnut halves. Serves 4 to 6.

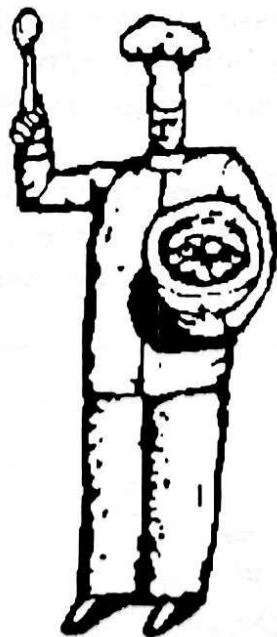
This delicious salad will keep your guests guessing throughout the zakuski. They will detect familiar tastes but won't be quite sure...keep them guessing.



1 medium English cucumber
2 ripe Tomatoes
2 Scallions
½ pound Feta cheese
18 Kalamata olives
¼ cup Olive oil
2 Tbsp red wine vinegar
Salt
Freshly ground black pepper
1/8 tsp Dried rigani or oregano

Peel cucumber, halve lengthwise, then cut crosswise into ½-inch slices. Core tomatoes and cut into eighths. Slice scallions, including some of the green part. Cut feta cheese into bite-sized chunks.

Arrange cucumber slices and tomatoes on a serving platter. Top with scallions, feta cheese, and olives. Combine olive oil and vinegar with salt and pepper to taste. Pour over salad mixture on platter. Sprinkle with dried rigani or oregano. Serve with crusty bread. Serves 6.

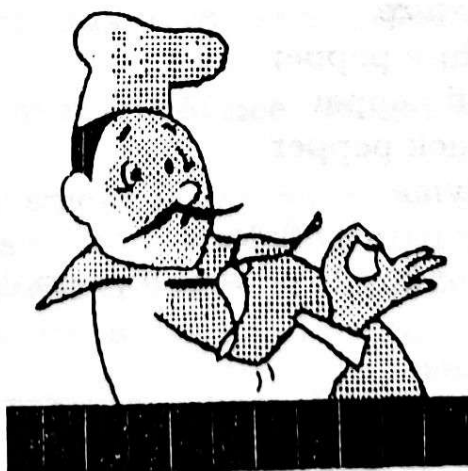


School Vegetable Soup

Lisa Greenwood

- 1 Tbsp canola oil
- 1 onion, chopped
- 1 clove garlic, pressed
- 1 potato, skin on, chunked
- 2 carrots, sliced
- 1 stalk celery, sliced
- 1 cup broccoli, chopped
- 1 leek, trimmed, washed, and sliced (*optional*)
- 1 cup cauliflower, chopped
- 1 cup corn, fresh or frozen
- 3½ cup tomato sauce
- 3½ cup water
- 1 Tbsp parsley
- ½ tsp paprika
- 1 tsp basil
- 1 tsp chili powder
- ¼ tsp dry mustard
- 3 tsp cumin
- 1/8 tsp pepper
- 1 tsp salt
- 1 can Great Northern beans, rinsed and drained

Cook the onions, garlic, potato, carrot, and celery in canola oil in a Dutch oven for about 10 minutes. Add the remaining ingredients and cook over low heat until the veggies are tender, about 35 minutes. Serves 8.



Sharon's Tuna and
Shell Macaroni Salad

Sharon Barnard Dibble

- 1 (16 ounce uncooked) box shell macaroni
- 1 medium cucumber, chopped
- 1 bunch radishes, chopped
- 1 medium jar green olives, sliced
- 2 cans chunk tuna (6 ½ ounce each), flaked
- 1 medium onion, chopped
- 4 large hard-boiled eggs, chopped
- ½ cup Miracle Whip
- 1 cup mayonnaise
- ½ tsp dry mustard
- 1 tsp paprika

Cook Macaroni as per package directions. Drain and flush with cold water to cool. Drain well.

In a large bowl, combine cucumber, radishes, olives, tuna, onion, and hard-boiled eggs. Add macaroni and toss well to combine. Mix with mayonnaise and Miracle Whip, dry mustard and paprika.

Allow to set covered in refrigerator for 1 hour before serving. Serves 8.

Smoked Chicken And
Pepperoni Gumbo

Dale Shipp

Spice mixture:

- ¼ tsp white pepper
- ¼ tsp red pepper
- ½ tsp black pepper
- ½ tsp thyme
- 1 tsp dry parsley flakes
- ½ tsp gumbo file powder (optional)

Vegetables:

- 2 cup onion
- 2 cup green pepper
- 2 cup celery

Meats:

2 smoked chicken breasts.
12 inches pepperoni.

Broth:

6 cups chicken broth

Prepare vegetables: Cut half in larger hunks (say 1/2 inch) and cut rest in fine chop (or use food processor).

Meats: Two smoked chicken breasts, pulled from bone, skinned and pulled into bite size pieces by hand. If you do not have smoked chicken, you may get away with using a small amount of liquid smoke. I would guess no more than 1/4 teaspoon. One stick (about 12 inches) pepperoni, cut into moderately thick slices. (say 1/8 inch or about twice as thick as presliced pizza pepperoni usually is)

Preparation: Using cast iron Dutch oven, take the large cut onions and singe them over medium high heat in the dry pan for about 3-4 minutes, stirring constantly. Then add the rest of the vegetables and cook for about 5 minutes more on medium heat, stirring frequently. Then add spice mixture and stir to incorporate. Stir in about 2 tablespoons dry roux. Add the broth and the pepperoni slices. Turn heat down to medium low and simmer for at least 1/2 hour or until vegetables are tender and flavors are merged. About 5 minutes before serving, add the chunks of chicken breasts to the mixture. At the same time, add more roux to thicken if desired.

Serve in bowl over lots of rice. Makes 8 to 10 servings.

For additional smoke flavor, wrap the chicken bones and skin in cheese cloth and place in the mixture at the same time as the pepperoni. Remove all the bones and all the skin before stirring in the chicken pieces.

Tuna and Rice Salad

Michael Hackmann

5 to 6 cups cooked rice
2 cans (6 ¼ oz each) water-packed tuna, drained
1 can small or medium peas, OR 8 oz. frozen peas
1 medium onion, chopped
2 ribs celery, chopped
2 large Kosher dill pickles, chopped
1 jar (2 oz) chopped pimentos OR 1/3 cup sliced stuffed green olives
1 Tbsp dried thyme
1 tsp Mrs. Dash seasoning
1 tsp garlic powder
1 ½ cup mayonnaise

Combine all ingredients in a large salad bowl. Toss lightly with a kitchen fork until all ingredients are coated with mayonnaise. Serve on lettuce leaves and garnish with a dash of paprika or parsley. Can be served while the rice is still warm or chilled and served cold.

Served with crackers it makes a complete meal. Other meat or vegetables can be substituted for the tuna and peas, but I like this combination the best. You can also add chopped green pepper, artichoke hearts, etc.

Vichyssoise Creme Glacee

Joel Ehrlich

4 leeks, washed & chopped coarsely
1 onion, chopped
1 Tbsp unsalted butter
2 large russet potatoes, peeled & diced (keep in ice water to cover)
2 tsp salt
2 cups milk
2 cups half & half
1 cup heavy cream
White pepper, ground
Fresh chives, sliced thin

Cook the leeks and onion in the butter in a kettle over low heat, stirring occasionally, until they are softened. Add the diced potatoes with their water and the salt. Simmer, covered, until the potatoes are soft (30-40 minutes).

Add the milk and half-and-half and bring the mixture just to a boil, stirring constantly. Remove from the heat.

Puree the mixture using a food processor (doing it in batches is easiest) and strain through a very fine sieve into a bowl. Stir in the cream and ground white pepper to taste. Cover and chill thoroughly.

Serve VERY cold, garnished with finely chopped chives. Serves 8.

By Chef Louis Diat

Yogurt and Basil Vinaigrette

Joell Abbott

1 Tbsp lemon juice
2 Tbsp vinegar
1 Tbsp balsamic vinegar
2 cloves garlic, minced
2 tsp Dijon mustard
 $\frac{3}{4}$ cup nonfat plain yogurt
3 Tbsp fresh basil, chopped fine
Salt and pepper to taste

Mix together the vinegars, lemon juice, garlic, mustard, salt and pepper. Whisk in the yogurt. Add the chopped basil leaves. Serve with your favourite mixed green salad mixture.



FOR THOSE *Write* IN RECIPES

Main Dishes



FOR THOSE *Write* IN RECIPES

African Chicken

Mandy Carbery

1 kg chicken, in pieces
3 Tbsp butter
1 small onion, finely chopped
1 Tbsp garlic, finely chopped
1 tsp finely chopped chili pepper
1 pickled cucumber, finely chopped
1 cup chicken stock (250 ml)
1 Tbsp paprika powder
1 cup coconut milk (250 ml)
200 g peanut butter
Grated rind of one lemon
Salt and pepper to taste

Sauté chicken in half of the butter, until brown on all sides. Add remaining butter to pan, sauté the onions, shallots, garlic, chili, and cucumber for a few minutes. Add remaining ingredients and sauté another ten minutes. Season with salt and pepper.

Place chicken in a heatproof dish, cover with sauce and cook in a preheated 200 C oven for 10 to 15 minutes.

Mandy's notes:

- We love spicy food, so I use four chilis.
 - Three shallots make up about 200 g.
-

All-Purpose Barbecue Sauce

Robert Miles

Heat 2 tablespoons salad oil in a 3-quart pan over medium heat. Add 1 medium-size onion, chopped; cook, stirring often, until soft (about 10 minutes). Stir in 3 cans (8 oz. each) tomato sauce, ½ cup red wine vinegar, ½ cup firmly packed brown sugar, 2 tablespoons Worcestershire, and 1 teaspoon cracked pepper. Bring to a boil; then reduce heat and simmer, uncovered, until thickened (about 45 minutes). Stir occasionally to prevent sticking. If made ahead, let cool, then cover and refrigerate for up to 2 weeks. Makes about 3 cups.

Source: *Sunset Barbecue Cookbook*, by the editors of
Sunset Books and Sunset Magazine, (C) 1950 - 1989
ISBN 0-376-02080-6

Robert's notes:

This is a bit sweeter than I like; I'll probably try less sugar next time. However, it's unusually easy to adapt this recipe to a very low sodium diet; all the ingredients that contain salt are available in no salt added versions. Works well with chicken.

Ann's Favorite Salmon Loaf

Annette Johnsen

1 can of salmon - remove bones and skin
1 cup bread crumbs
2 Tbsp chopped parsley
2 tsp lemon juice
1 cup milk
1 egg, slightly beaten
2 Tbsp chopped onion
¼ tsp salt
Dash pepper

Take drained and broken-up salmon and combine with all other ingredients. Place in a greased loaf pan or casserole. Bake at 375 F for 25 - 30 minutes. Serve with curry sauce.

Curry sauce:

1 Tbsp butter
1 Tbsp onion, chopped fine
1 can cream of mushroom soup
¼ tsp curry powder

Melt butter and sauté onion until brown. Blend in soup and add curry powder. Heat and serve with salmon loaf.

Aunt Ellen was born in 1851 and was 85 years old when she taught me [Mabel Weller] (in Cornwall 1936) to make pasties. I like to think that she had been taught by her mother. The ingredients are simple: pie crust, cubed round steak, onions and potatoes, salt and pepper. Turnip or leeks can be used for a change of flavour. All ingredients are raw.

Roll out pie crust and cut into rounds or ovals about the size of a butter plate. On one half of the pie crust arrange, in this order, a few slices of potato, a layer of onion, a pile of steak and the salt and pepper.

Moisten the edge of the crust around the filling, and fold the bare crust over. Seal the edge very well or the onion juices will run out and make the pasty stick to the baking dish. Cut two vents in the top.

Bake at 400 F for about an hour. Modern pasties seem to be made with leftovers: ground up cooked meat and left over assorted vegetables mixed together in a pastry which is joined in a thick roll at the top. This was reported by recent visitors to the U.K.

From Mabel Weller

Bacon Wrapped Shrimp

Henry Kasten

Peeled jumbo shrimp

Lawry's lemon garlic marinade for chicken, meat and fish

Thick cut bacon

Soak the shrimp in the marinade about an hour in refrigerator. Partially cook the bacon in the microwave. 4 minutes on high for 6 thick slices. Wrap each shrimp with bacon and secure with a toothpick. Grill over very hot coals, continuously basting with marinade until

bacon is crisp. This should take only a few minutes. Don't overcook your shrimp.

Variation: Butterfly the shrimp and place a sliver of jalapeno and Monterey Jack cheese in before wrapping with bacon.

We always fix more than we can eat. It is very rich. Leftovers are great in a salad with Italian dressing.

Barramundi with
White Wine Sauce

Larry and Joel Abbott

1 pound barramundi fillet
2 Tbsp olive oil margarine
2 Tbsp flour
1 cup fish stock
2 whole cloves
1 bay leaf
½ cup dry white wine
1/3 cup celery, sliced thin
1 Tbsp capers, chopped fine
Freshly cracked black pepper

To make sauce:

Melt olive oil margarine in a saucepan over medium heat. Add flour and blend to make a roux. Add fish stock, stirring until smooth and the sauce starts to thicken. Add cloves and bay leaf, simmer for ten minutes on a very low flame, being careful not to burn the sauce. Remove the cloves and bay leaf. Add the white wine to the sauce, heat gently, do not boil. Add the celery and capers and cook for two minutes. Remove from heat.

Prepare the fish:

Place the fillet in a baking dish. Cook for ten minutes while making the sauce. Remove from the oven. Pour the sauce over the fish. Add cracked fresh pepper, place back in the oven and cook for another ten minutes or until the fish is done to your liking.

Serve with plain rice, placing the fish on a bed of rice and spooning the remaining sauce over the fish and rice. Garnish with parsley or cilantro and a few whole capers. We like this dish with mixed green salad and asparagus. A Hunter Valley Verdelho is an excellent wine choice with this meal.

Black Pepper Steamed Crabs

Earl Shelsby

1 cup Old Bay seasoning
½ cup Kosher salt
1 dozen crabs
1 can of beer
½ cup black pepper
1 Tbsp dry mustard
4 cups water

Equipment:

A steamer with a rack in the bottom, or any large kettle, like a canner, with something in the bottom to keep crabs out of the liquid. In a pinch, I have used bricks, stones, and pieces of wood as a rack. A pair of crab tongs are handy for handling live crabs. I prefer rubberized waterman's gloves.

Directions:

Mix Old Bay seasoning, pepper, salt, and dry mustard. Check crabs to ensure all are alive. If they're trying to pinch you with their claws, that is a very positive sign. For borderline crabs, lift the "apron", a flap on the underside of the crab. If there is any life in the crab, it will move a claw or it's fins.

Run tap water on each crab individually. This is not a cleaning procedure, but a method of getting the crab wet so the seasoning will adhere to the crab. However, it will also wash away some undesirable elements like stinky crab bait particles.

Then sprinkle each crab liberally with the seasoning mixture and prepare to put in the pot. Be sure to have the lid handy because the crabs will try to escape. Before putting the crabs in the steamer, put the four cups of water in the pot and drink the beer. Some people put the beer in the pot, but after many years of experimenting I'm convinced the beer adds absolutely nothing to the flavor of the crabs. It does help the mood of the cook.

When all the crabs are in the steamer, you might look around for a weight for the lid if it does not clamp on. The crabs will get active when they feel the heat. I have used a brick to hold down the lid. Turn heat up as high as possible. I've steamed crabs on a Coleman stove while camping, but the faster you can get the water to steaming the better. Once the water is steaming, it takes about ten minutes for the crabs to be done. This will vary with a large number of crabs, but if the crabs on top are showing bright red through the seasoning the crabs are done. Serve with the cold beverage of your choice.

Tips:

- Most crab houses in Maryland keep the crabs under refrigeration. This makes the crabs lethargic and easy to handle - even barehanded for the brave. Therefore, you should steam them while they are still cold or keep them refrigerated until you are ready to cook them. If you catch your own it is a good idea to refrigerate them for an hour or more before attempting to steam them.
- If a crab happens to set a claw on your finger, don't try to pull it off. Let go of the crab and it will let go of you. Of course, then you have to catch the crab.
- You can buy crab tongs in any tackle shop in Maryland, but you might have a little problem finding them elsewhere. Those barbecue grill tongs will work just as well.
- If the live crabs are vary cold, you can fold their claws up close to their face. If the heat is hot enough they will cook in that position and the loss of claws will be minimal.

Braised Brisket with Dried Fruits

Diane Lazarus

- 3½ to 4 pound brisket
- Salt and pepper
- 1 Tbsp canola oil
- 1 pound onion, finely chopped
- 3 carrots, finely chopped
- 3 stalks celery, finely chopped
- 2 garlic cloves, minced
- ½ cup port, Kosher concord grape wine, or marsala
- 3 cups beef or chicken stock or water
- Bouquet garni of bay leaf, thyme and parsley
- 8 oz dried apricots (1 ½ cups)
- 1 cup sultanas
- ¼ cup chopped flat-leaf parsley (for garnish)

Trim the fat from the brisket and season with salt and pepper. Preheat the oven to 325 F. Heat the oil in a non-stick fry pan. Cook the onion, carrots, celery, and garlic over medium heat for 4-5 minutes, or until golden. Transfer the vegetables to a large roasting pan. Add the brisket, port, stock and bouquet garni. Bring the liquid to a boil on the stovetop. Tightly cover the pan and bake the brisket in the oven for 1½ hours. Transfer the brisket to a cutting board and thinly slice it on the diagonal. Return the brisket to the roasting pan and stir in the dried fruit. Make sure the fruit is submerged in the cooking liquid. Add stock as necessary to cover it completely. Cover the pan and bake for 1 to 2 hours or until the meat is tender. Add stock or water as necessary to keep the meat and fruit moist. If there's too much cooking liquid, uncover the pan for the last half hour to allow some of it to evaporate. Arrange the meat on a platter. Using a slotted spoon, transfer the fruit to the platter around the meat. Skim the fat off and pour the gravy into a gravy boat. Spoon some of the gravy over the meat and fruit, serving the rest on the side. Garnish with parsley. Serves 6.

From *High-Flavor, Low-Fat Cooking* by Steven Raichlen,
ISBN 0-1402-4123-X pg 143

Breakfast in a Pot

Gord Hannah

1/3 cup oatmeal
1/2 cup apple juice
1 cup milk
1/8 tsp salt
3 eggs
1 tsp brown sugar

Put oatmeal in a pot, add very cold milk, apple juice, and salt. In separate bowl beat eggs well. Bring oatmeal mixture to a boil over medium high heat, lower heat simmer for about three to five minutes, add eggs, cook until eggs are done, add brown sugar.

Serve in a larger than usual bowl or eat right out of the pot.

Brown sugar substitute may be used, and the recipe may be adjusted for the number of people you are feeding.

Bufford Stew

Earl Shelsby

1 bottle liquid concentrate crab boil (ignore directions, use whole bottle)
1 lemon
For each person:
1/2 pound. shrimp in shell (uncooked)
1/2 pound summer sausage sliced in "wheels"
1 ear fresh or frozen corn on cob
1 potato cut in chunks

In a large pot bring water to boil, add lemon and crab boil and potatoes and corn. Cook until potatoes and corn are done, add shrimp and sausage. Cook 3 to 4 minutes (until shrimp are done). Serve with cocktail or tartar sauce and hot mustard for the sausage.

Allow about 1 six pack of very cold beer per person

- 1 6-pound leg of lamb, boned
- ¼ cup olive oil
- 1 Tbsp lemon juice
- 1 Tbsp rosemary, dried
- 2 tsp ground black pepper
- 1 bay leaf

Place the lamb in a shallow pan. Combine the oil, lemon juice, rosemary, pepper, and bay leaf. Blend thoroughly, then rub the mixture all over the lamb and cover. Let stand for two hours or longer, unrefrigerated but in a cool place, turning occasionally.

Prepare a charcoal fire or preheat the broiler. Place the lamb on the fire or under the broiler and grill or broil to the desired degree of doneness, turning several times as it cooks.

The cooking time will depend on the distance of the meat from the heat, the intensity of the heat, and whether the grill is covered. It should vary from about 20 minutes for rare meat to 40 minutes for medium-well.

Let stand for 20 minutes covered with foil. Serve sliced.

Cajun Meat Loaf

Danial Mannen

Seasoning mix:

- 2 whole bay leaves
- 1 tsp salt
- 1 tsp ground cayenne pepper
- 1 tsp black pepper
- ½ tsp white pepper
- ½ tsp ground cumin
- ½ tsp ground nutmeg

Main Ingredients:

4 Tbsp unsalted butter
¾ cup finely chopped onions
½ cup green bell peppers, chopped
¼ cup green onions, finely chopped
2 tsp minced garlic
1 Tbsp Tabasco sauce
1 Tbsp Worcestershire sauce
½ cup evaporated milk
½ cup catsup
1 ½ pound ground beef
½ pound ground pork
2 eggs, lightly beaten
1 cup very fine bread crumbs

Combine the seasoning: mix ingredients in a small bowl and set aside.

Melt the butter in a 1-quart saucepan over medium heat. Add the onions, celery, bell peppers, green onions, garlic, Tabasco, Worcestershire and seasoning mix. Sauté until mixture starts sticking excessively, about 6 minutes, stirring occasionally and scraping the pan bottom well. Stir in the milk and catsup. Continue cooking for about 2 minutes, stirring occasionally. Remove from heat and allow mixture to cool to room temperature. Place the ground beef and pork in an ungreased 13 x 9-inch baking pan. Add the eggs, the cooked vegetable mixture and the bread crumbs, remove the bay leaves. Mix by hand until thoroughly combined. In the center of the pan, shape the mixture into a loaf that is about 1 ½ inches high, 6 inches wide and 12 inches long. Bake uncovered at 350F for 25 minutes, then raise heat to 400F and continue cooking until done, about 35 minutes longer. Serve immediately as is or with Very Hot Cajun Sauce for Beef. Serves 6.

This is best using both ground pork and ground beef, as the pork gives more flavor diversity. However, you can make it with ground beef only. From Paul Prudhomme's *Louisiana Kitchen*.

Camarones en Mojo de Ajo

Kathy Pitts

1 pound large shrimp, shelled and deveined
½ pound butter, clarified
8 to 10 cloves of garlic, chopped
3 to 4 Tbsp fresh parsley, chopped

Heat the clarified butter in a large frying pan. Add the garlic and cook over medium heat until the garlic begins to brown. Do not allow the garlic to burn, or it will be bitter. Add the shrimp and cook, stirring frequently, until it turns pink. Top with chopped parsley. Serve with lots of French bread to sop up the garlic butter.

Chicken and Dumplings

Fred Towner

Chicken Stew:

4 lb Chicken - cut into serving pieces
3 cups water
2 cups chicken broth - strong
1 tsp salt
¼ tsp white pepper
1/8 tsp cayenne pepper
1 garlic clove - minced (about 1 tsp)
1½ celery ribs
1 large onion - halved
2 Tbsp parsley - chopped

Dumplings:

2 cups flour
1 Tbsp baking powder
½ tsp salt
¼ tsp baking soda
3 Tbsp shortening
1 cup buttermilk
3 Tbsp flour - mixed with 1/3 cup water

Prepare stew:

Place chicken in a 4-quart Dutch oven with the water, broth, salt, white pepper, and cayenne. Bring to a boil

and skim foam for a minute or two. Reduce heat to a simmer and add garlic, celery, onion, and parsley. Cover and simmer gently 1 ¼ hours before adding dumplings.

To make dumplings: Sift flour, baking powder, salt, and baking soda together. With a fork or pastry blender (or in a food processor), work the shortening into the flour mixture until the texture is that of cornmeal. Rapidly stir in buttermilk. Form dough into a ball and with floured hands knead it on a floured board for a few seconds, until bouncy. Roll out dough into a square or rectangle ½ inch thick and cut it into 1 ½ inch squares. Drop into the hot chicken stew when the chicken is nearly done, cover the pot again and simmer 15 minutes.

With a slotted spoon, remove chicken and dumplings to a platter or serving dish. Off heat, stir the flour paste into the broth left in the pot. Return to low heat and simmer for a few minutes, stirring constantly, until thickened to a gravy. Pour the gravy over the chicken and dumplings and serve immediately.

NOTE: In place of the cayenne and white pepper Queen Ida has in her recipe, I prefer to use my own mixture, 2 parts cayenne, to 1 part each of white and black peppers. Just add the pepper mixture to the stew to taste. I usually use at couple of teaspoons when I make this stew. It is a cold weather favourite around this household.

Original source: *Cookin' with Queen Ida*, published by Prima Publishing, PO Box 1260QI, Rocklin, CA 95677 - ISBN 1-55958-050-X



Chicken a la Poitevine

Ian Hoare

3 lb roasting chicken
2 Tbsp butter
1 Tbsp oil
¼ pt brandy
1 head garlic
Salt & pepper

Joint the chicken into the usual 7 pieces (or buy 2-3 lbs chicken portions). Separate the head of garlic into cloves and peel them. Don't be put off by the quantity of garlic, it doesn't taint the breath at all. Above all, don't reduce the proportion.

In a large casserole, heat the oil with the butter until the froth subsides. *Don't let the butter burn.* A few pieces at a time, fry the carefully dried chicken joints on both sides, turning once only. You don't want to cook them, just brown them lightly.

As soon as they are all cooked, pour off the excess fat, trying to keep any crusty bits in the pan. (I put a knife blade on the edge just to let through the fat.) Return the browned chicken to the hot casserole, and still over moderate heat, pour over half the brandy, which you have warmed gently in a ladle. Set light to it, shaking until the flames subside. **WATCH OUT FOR YOUR HAIR!**

Reduce heat, pour over the brandy, add the whole garlic cloves, season generously with freshly ground pepper. Cook 20-40 minutes depending on how well cooked you like your chicken done, or until tender. For modern broilers, 20 minutes is long enough for them to be tender. For older free-range chicken, 40 minutes may not be long enough! You will have a few tablespoonful of sauce. Correct seasoning and serve very hot. The garlic cloves will be deliciously edible. Serves 6.

This recipe was invented through the force of circumstances, when we were camping in the Medoc. We hadn't really thought about shopping, as we were

spending all our time visiting great Bordeaux Chateaux. We had some garlic, a chicken and of course some brandy, so remembering a very similar dish based on slices of mutton, and another where a chicken is baked on a whole pound of garlic, this is what I came up with. It's been a firm favourite ever since.

Chicken Creole

Iris Grayson

1 broiler-fryer, cut up (about 3 pounds)
¼ cup flour
1 Tbsp chili powder
2 tsp salt
½ tsp pepper
2 Tbsp oil
1 large onion, chopped (1 cup)
½ lg green pepper, chopped (about ½ cup)
1 large clove garlic, crushed
1 can (16 oz.) tomatoes, cut up
1 cup chicken broth or bouillon
¾ cup uncooked rice
1 package (10 oz.) frozen whole okra, thawed slightly to separate (optional)

Coat chicken with mixture of flour, chili powder, salt and pepper. Brown on all sides in hot oil in Dutch oven; push to one side. Add onion, green pepper and garlic; sauté until tender. Add tomatoes and broth; bring to boil. Stir in rice; cover and simmer 40 minutes, stirring occasionally, or until chicken and rice are tender and most of the liquid is absorbed. Add okra; cover and cook 10 minutes or until okra is barely tender.

Microwave instructions: Cook onion, green pepper and garlic in oil in uncovered large casserole 5 minutes. Add tomatoes, broth, rice and coated chicken; cover and cook 30 minutes, stirring occasionally, until chicken and rice are tender. Add okra; cover and cook 5 minutes or until tender.

Pressure cooker instructions: Brown coated chicken in oil in uncovered pressure cooker. Push to one side. Add onion, green pepper and garlic; sauté until tender. Add tomatoes and broth; bring to boil. Stir in rice and okra. Cover and cook, following manufacturer's directions, at 15 pounds pressure 10 minutes. Cool cooker at once. Serves 4

From "Woman's Day," 5/78.

Chicken in Coconut/Peanut

Mandy Carbery

2 chicken breasts
1 Tbsp vegetable oil
1 onion, finely chopped
1 tsp grated ginger
2 garlic cloves, crushed
3 tsp lemon rind
1 tsp curry powder
A pinch of turmeric
1 can (400 ml) coconut milk
¼ cup peanut butter
¼ cup water

Combine vegetable oil, chopped onion, grated ginger and garlic and fry for one minute. Add chicken breasts and remaining spices and fry until chicken and onion are cooked.

Add remaining ingredients; stir until well blended and heated through.



Chicken Oysters With Morels
(Sot-l'y-laisse aux morilles)

Michael Loo

6 chicken oysters
2 Tbsp flour
2 Tbsp butter
1 shallot, chopped
Salt and pepper
5 morels, cleaned and split lengthwise
6 Tbsp dry white wine (Sauvignon blanc by preference)
Nutmeg
1 Tbsp cream

Larousse says: "A classic dish is morels braised in butter, the pan juices being thickened with fresh cream or deglazed with Madeira" and gives the following interesting recipes (among others):

Chicken oysters (the part where the backbone and thigh meet; you could substitute any tender cut of meat or even fish or shellfish, totaling 3 or 4 oz)

Dredge meat in flour. Sauté in butter over high heat; add shallot. Season to taste with salt and pepper. Add morels and cook seven to eight minutes. Add wine and allow to reduce. A sprinkle of nutmeg here is optional. Add cream and cook 10 more minute. [Michael's note: did I say 10 more minutes?? I might have meant one more minute.]

Chicken Stew

Robert Miles

6 carrots, sliced
6 onions, sliced
6 celery stalks, cut up
4 pounds chicken legs or thighs
3 cups chicken stock, defatted
2 Tbsp salt substitute (approx.)
1 ½ tsp black pepper
1 ½ tsp basil, dried

Place carrots, onions, and celery in a Dazey Multi-Cooker (without crockery liner). Remove skin from chicken; discard or set aside to make more stock. Cut off visible fat. Add chicken to Multi-Cooker. Put pepper and stock over top, and then sprinkle with basil. Cook on 300 F about 1 hour or until chicken is done. Add salt substitute to taste; use a type that isn't bitter (this type usually has calcium triphosphate on the ingredients list). Remove bones from chicken. Place chicken and vegetables in serving dish with the remaining liquid, and serve. Serves 6. Can be frozen.

Recipe by Robert Miles. Intended for a low sodium, low fat diet.

Company Chicken

Gail Shipp

6 large boneless and skinless chicken breasts
½ pound lean sliced deli ham,
2 cans condensed cream of chicken soup, undiluted
16 oz sour cream
Paprika

Place a few slices of ham on bottom of lightly greased or sprayed flat-bottomed baking pan in single layer. Wrap one slice of ham around each chicken breasts. Lay on top of ham slices. Mix sour cream and soup together. Pour soup mixture over chicken, sprinkle with paprika. If made in advance, cover and refrigerate for up to 12 hours

Place in 225 degree oven, uncovered for 3 hours. Serve with rice or noodles.

Great company or casual dish. Serves 4 - 6 people depending on the size of the chicken breasts and appetites involved.

Lower Fat Version: Substitute low fat sour cream and chicken soup.

Conchiglie con Bacon,
Piselli, e Ricotta

Paul Terrano

4 servings

¼ lb lean bacon
½ of a 10 oz package of frozen tiny peas, thawed
Salt
¼ lb ricotta
1 lb package pasta shells (conchiglie) or fusilli
1 Tbsp butter
1/3 c freshly grated Parmesan cheese
½ cup warm milk
Freshly ground black pepper

Pasta Shells with Bacon, Peas and Ricotta

Cut the bacon into narrow strips. Put it into a small sauté pan or saucepan, and turn on the heat to medium.. Cook the bacon until it becomes very lightly browned and the fat melts. Do not let it become crispy as you might if you were having it for breakfast. Pour off from the pan all but 2 tablespoons fat. Put the thawed peas into the pan. Cook them for a minute or so, stirring them, so they absorb some of the bacon flavor. Turn off the heat. Bring 4 to 5 quarts water to a boil, add salt, and when the water has returned to a boil put in the pasta. Put the ricotta into the bowl from which the pasta will be served and crumble it with a fork. Add the butter and warm milk and mix to make a sauce. When the pasta is tender but firm to the bite, drain it well, and put it into the serving bowl. Toss two or three times with the ricotta. Rapidly heat up the bacon and peas, and pour the entire contents of the pan over the pasta. Toss thoroughly. Add the grated cheese, 1 or 2 grindings of pepper, toss once more, and serve at once.

From: More Classic Italian Cooking by Marcella Hazan (1978)

The warm milk was added by BHT.

Both of the only two recipes I can call my own, this one and *Swedish Tacos*, were developed before I really knew how to cook, in times of poverty (which seems to come and go with alarming regularity.) They're good and cheap, an unbeatable combination. This one takes a little longer to fix than the tacos.

It's a simple roast chicken with a stuffing of my own devising. The neat thing about it is that you put a nicely browned roast chicken on the table in front of admiring guests, none of whom realize you've already had your meal - one better than they're about to partake of - though that one ain't bad either.

1 whole frying chicken with giblets
4 pieces of oatmeal bread
4 or 5 scallions
 $\frac{1}{2}$ pound or so button mushrooms (or shiitakes or any other kind for that matter)
1 bunch parsley
2 eggs, beaten
Salt
 $\frac{1}{2}$ pound or so of soft butter

First off, make the stuffing. Toast the oatmeal bread about medium brown. When it pops up, let it sit in the toaster for a few minutes to dry out. Chop the scallions into pieces about $\frac{1}{4}$ - to $\frac{1}{2}$ - inch long. Slice the button mushrooms or cut them into quarters if they're small. Chop the parsley roughly. Cut the dried toast into pieces about $\frac{1}{2}$ -inch square. put all these goodies into a large mixing bowl, add the eggs and mix well. Salt the stuffing to taste. use pepper too if you like it. I sometimes also add Bell's poultry seasoning.

At this point I reserve some of the stuffing - maybe a quarter or a third - and add the chopped giblets to it as I find that a lot of folks don't like them in the stuffing, hard as that may be to grasp. But it works out good for

me, as you'll see. After the chicken is washed and dried, stuff the critter with the stuffing from the non-gibletted bowl. Back when I developed this dish - when I didn't know how to cook - I took the word at it's face value and *stuffed* the stuffing into the body cavity. Since then I've heard that it's considered good form to stuff it loosely to allow for expansion. Don't listen to these lies. Stuff that sucker full!

Heat the oven to between 350 and 400 F. Rub the chicken with butter and salt it. Put the stuffed chicken, breast side up, on a roasting rack in a pan of some sort with sides about an inch or so high - a big Pyrex cake pan works well. I use one of those racks with the adjustable sides to hold the bird in place, though anything will work except a vertical roaster.

Now here's where the sly part comes in. Have a fork or a pair of chopsticks handy. I recommend chopsticks if you can use them. You'll see why in a minute. Take the gibletted dressing and pack it all over the surface of the chicken, patting it into place. Dot the stuffing generously with pats of butter (This ain't health food...) Put the bird into the oven and close the door. Don't look for about fifteen minutes or so. Chat. Entertain your guests. Pour them some more wine.

After fifteen minutes you, as the cook, will be ready to begin one of the best meals of your life while your guests sit unsuspecting, waiting for the bird to be done. When the time has elapsed, start basting with a bulb baster. Do this regularly and religiously every five to ten minutes or so. Salt occasionally. The stuffing and giblets on top of the chicken will start to brown as you baste it with the flavor-laden combo of butter and chicken juices. The toast bits will get crispy. The scallions will add their luscious juices to the basting liquid. The mushrooms will steam and beckon. Soon you'll be picking off the browner bits and savoring them. Each time you open the oven, a new selection of bits will be ready for your delectation! Try to look harried and pained so your guests won't know how much fun you're

having. Give them some more wine to keep them quiet. have a little yourself. Maybe serve a salad or something. If any of them get suspicious, tell them you're "adjusting the seasonings." That should throw them off the track enough that none of them will be tempted to "help" you with that arduous task. Heh heh heh...

As you gradually clear the stuffing off the surface of the chicken the skin will begin to brown too. Keep basting! The chopsticks come in real handy now for retrieving the bits of mushrooms, giblets and whatever that fall down under the rack. They can get in where it's hard to get a fork. The dish is done when all the stuffing coating the outside of the bird is in your stomach and the skin has turned a nice, crispy, savory golden brown. Take the chicken out, put it on the serving platter and de-stuff it. Serve with rolls, salads, veggies, mashed taters and gravy (made, of course, with instant mashed potatoes) - whatever your guests like or whatever strikes your fancy. you won't care. You'll already be full! I generally polish off a leg and a wing or so just for appearance's sake though. Oh yeah...and I always make the "sacrifice" and take the perfectly roasted, crispy-skinned neck so my guest won't have to suffer through it...

Two cautions. One about the stuffing. I love it, but it won't taste like traditional stuffings. It will be redolent of mushrooms, parsley and scallions, very moist and - to my taste - quite nice. I really like the taste of oatmeal bread. using other bread, you'd probably have to spiff up the seasonings a bit. The other caution is: do not use garlic! Heresy, I know, to some folks, but I tried it and it disrupted the nice balance of flavors.

For folks who like crispy skin, all the basting produces an excellent skin - full of flavor and crispy. Good stuff. A meal in itself.

Corned Beef Goulash

Delores E. Rowe

1 can (12 oz) corned beef
1 large onion
2 large tomatoes
2 large potatoes
1 Tbsp canola oil
3 tsp paprika
½ pint boiling water
2 large beef bouillon cubes
Salt and pepper to taste

Peel and chop onion and halve tomatoes. Peel potatoes, cube and cook until just done, but not soft. Cut corned beef into 1" cubes. Dissolve bouillon cubes in the boiling water. Heat oil in large skillet, add onion and sauté for 5 minutes, add tomatoes, paprika, salt and pepper and bouillon. Bring to a boil, reduce heat and simmer for 15 minutes. Add cooked potatoes and corned beef and heat through. Pour into hot serving dish and serve with salad.

Cottage Pie

Jacquie Hoare

Savoury mince:

1 pound lean minced beef
1 oz butter
2 Tbsp oil
1 large onion; chopped
1 medium carrot; very finely chopped
5 fl oz beef gravy *or* 10 fl oz beef stock and 1 Tbsp flour
2 tsp fresh marjoram; chopped
Salt
Fresh ground black pepper
Water if needed

Mashed potatoes

1 ½ pound potatoes, peeled
2 oz butter
Milk; hot
Salt and pepper to taste

Optional:

4 oz mushrooms; lightly cooked

Baked beans; cooked

Peas; cooked

Sweetcorn; cooked

Notes:

- Although some cooked minced beef can be used for this recipe, it should never exceed 25% of the total weight.
- *Minced beef* is known as "hamburger" in the USA.
- *Beef gravy* is the thickened cooking juices from roast beef. In its absence, beef stock can be used and the mince is thickened with flour.
- Any or all of the optional vegetables can be added to the mince.

Melt half the butter with half the oil in a medium sized saucepan, and when foaming, add the onion and carrot. Over high heat, heat the vegetables until sizzling, then turn heat to very low, cover and simmer gently until onion is transparent and soft. Meanwhile, in a frying pan (skillet) heat the remaining fats together and when the foam begins to subside, add the meat(s) little by little. Increase heat to maximum and stir continuously, breaking up any lumps that form. When the meat has lost its reddish colour, give it a good stir. If no gravy is available, sprinkle the meat with the flour and stir it in, but in any case continue cooking a few minutes longer, stirring from time to time to prevent the meat burning. This can be done over slightly reduced heat if wished.

When meat and onions are both done, combine them in the saucepan, and add the gravy if used, or the stock. Reduce heat to minimum, add marjoram and season lightly with salt & pepper. Simmer about $\frac{3}{4}$ hour, adding water if needed to give a fairly sloppy consistency. Mince is extremely forgiving, and a little less, or twice the time will do no harm.

While the mince is cooking, peel the potatoes, cut them into halves, thirds or even quarters, depending on size, put them in a saucepan of salted cold water, and bring to the boil. Cook for 15 to 20 minutes or until the potatoes are tender without falling to bits. Drain in a colander and allow a dry a couple of minutes before mashing. The best utensil for mashing potatoes is called a potato ricer, which is a little like an enormous garlic press. Once mashed, do not work the potatoes too much, to prevent their gluten from being developed, but season with salt and pepper and stir in the butter and just enough hot milk to make them workable.

If vegetables are to be added to the mince add them after the meat is cooked, and just before composing the pie. Once mixed into the meat therefore, correct seasoning and pour the meat which should not be completely dry, but without excess liquid, into a suitable sized pie dish, and carefully spoon the potato over the top, and spread to make an even layer over the whole of the mince. Use a fork to make a decorative pattern on the top of the potato layer, and then either set aside to cook later, or place immediately into a pre-heated 350 F/180 C (gas Mk 4) oven until nicely browned on the surface and bubbling hot. (30 minutes if hot - 60 minutes if cold when put into oven) Serve accompanied by vegetables.

The same recipe, but made with minced lamb or even mutton instead of beef is called "Shepherd's Pie" and is equally traditional in Great Britain.



Crawfish Fettucini

Ken Bagala

- 1 cup (2 sticks) butter or margarine
- 2 chopped onions
- 1 large bell pepper, chopped
- 2 stalks chopped celery
- 3 Tbsp chopped parsley
- 2 cloves of minced garlic
- 2 pounds crawfish tails (other seafood may be substituted, especially shrimp)
- 3 cups half-and-half
- 1 pound jalapeno Velveeta
- 1 pound fettucini noodles
- Grated Parmesan cheese

Cook noodles and butter lightly to prevent sticking; set aside. Sauté onions, celery, bell pepper in butter for about 10 minutes. Add flour, parsley, garlic and cook on low heat approximately 20 minutes. Add crawfish, half-and-half, and Velveeta, mix well and simmer 20 minutes. Add cooked noodles and place in a large casserole dish. Sprinkle top with grated Parmesan cheese and bake at 350 F until heated though and bubbly. Serves 8. Serve with a nice salad and garlic bread.

Creole Pork Steaks

Rebecca Kissel

- 4 to 6 pork chops
- 1 stalk celery
- 1 cup rice
- 2 Tbsp brown sugar
- 1 tsp salt
- ½ tsp dried basil leaves
- 1½ cups water
- 1 can (15 oz) tomato sauce

Brown pork in skillet, add celery and brown. Stir in remaining ingredients. Simmer, covered 30 minutes or until rice is done.

8 boneless, skinless chicken breasts
1 cup unsalted butter
1 pint of cream or half-and-half
1 ½ cups grated Parmesan cheese
½ cup grated Romano cheese
8 oz mozzarella cheese
1 tsp salt
Dash white pepper
¼ cup chives or freshly chopped green onion tops

Heat butter and cream in a small saucepan until butter melts. Stir in cheese, salt and pepper and half of chives. Keep warm over low heat. Flatten chicken breasts with smooth side of your tenderizer mallet. Or, beat the heck out of them with a wine bottle like James Barber does it. If grilling, marinate in a shallow dish of Italian dressing for two or three minutes, turning breasts with a fork until all are coated with marinade. Brush occasionally with marinade while grilling. Do not overcook. If pan frying, coat the breasts with egg and roll in coating mix. Fry in a medium hot pan with approximately ¼-inch of shortening or cooking oil. Turn once when coating becomes crispy. Do not overcook. Place breast on a bed of pasta (spaghettini or fettucini) and ladle sauce over breast and pasta. Garnish with reserved chives and a dash of sweet paprika. Suggested side dishes are broccoli florets or French cut green beans and garbanzos cooked with onion (or pearl onions if you want to be fancy.).

Dave's Coating Mix:

8 oz corn flakes or Wheaties
1 tsp garlic granules
1 tsp savory leaves
½ tsp dried basil
½ tsp oregano
1 tsp salt
1 tsp ground black pepper

Crush cereal until it becomes a medium fine consistency. Place in covered vessel with other ingredients. Shake to mix. Pour into flat, low-sided pan as much as necessary to coat your meat. Pick out lumps before returning remainder to storage

This is a good general purpose coating mix for chicken and veal. With the addition of a tsp of dill it becomes an excellent coating for pan-frying fish.

Dave's Stuffed Clams

Dave Sacerdote

3 medium Quahog clams
1 Sleeve of Ritz crackers (about 4 ounces)
1 can (6.5 oz) claw crab meat
1 can (6.5 oz) chopped clams
1 Stick butter
3 Garlic cloves
½ teaspoon Parsley
Salt and pepper to taste
Paprika

Scrub the clams well and put them in loosely in a covered saucepan to steam. Make sure they're not crowded.

While clams are steaming, empty the sleeve of crackers into a food processor and pulse them until you have fine crumbs. Place the crumbs in a large bowl.

Remove clam meat from the shells, being sure to reserve the shells. Coarsely chop the clam meat and add to the bowl of crumbs. Add the well-drained crabmeat and chopped clams to the bowl along with the parsley, just the barest hint of salt, and a liberal grind or two of pepper. Toss well to combine and set aside.

Press garlic cloves into a small sauté pan (a #3 cast iron pan is great for this!) Over medium-low heat, add the stick of butter and allow it to melt into the crushed garlic, simmering but not browning it. Cook gently until

the garlic is soft and the butter is just starting to foam, pour all but two tablespoons of the butter mixture into the crumbs and mix well with a fork to combine.

Prepare the clamshells by pulling them apart from one another at the hinge and rinsing out any remaining grit. Stuff each clamshell half with a heaping mound of stuffing. Arrange stuffed clams on a pie plate. Brush tops with reserved garlic butter and sprinkle liberally with paprika. Bake in a moderate (350 F) oven 20 to 25 minutes until the top is lightly toasted.

Serves 6 as an appetizer or 3 as a side dish. This recipe can easily and successfully be doubled.

Earl's Crab Cakes

Earl Shelsby

1 lb backfin crab meat
2 dashes Worcestershire sauce
Dash dry mustard
2 Tbsp mayonnaise
About 1 ½ tsp Old Bay seasoning
1 egg, beaten

Make sure there are no shells in crab meat. There shouldn't be very many in backfin. Handle carefully so that the meat remains in lumps. Put all ingredients in a bowl and carefully mix so that the crab meat remains in lumps. I do this by repeatedly lifting the lumps with my fingers and turning them over in the bowl. Form into four crab cakes and place on a platter or dish. Place in refrigerator for at least an hour, longer if time permits. This allows egg to gel enough to hold crab cake together when frying. Deep fry in hot vegetable oil (375 degrees) for about 90 seconds or until crab cakes are light brown. Drain on paper towel. Serve on bread or saltine crackers.

Note: Never put bread or cracker crumbs inside a crab cake sandwich.

Easy Cassoulet

Carol Bryant

1 pound dried Great Northern beans
5 cups water
1 ½ cup dry white wine
2 cloves garlic, minced
1 pound smoked sausage
1 pound baby carrots
4 stalks celery, sliced
1 large onion, chopped
1 tsp rosemary
1 tsp salt
pepper to taste and parsley for color

In an ovenproof 5 quart casserole dish, combine beans and water. Heat to boiling, stirring occasionally. Stir in remaining ingredients except parsley. Return to a boil.

Cover and bake at 350 degrees for 1 ½ hours. Remove cover and bake another 20 minutes or until beans are tender. Garnish with parsley.

(Adapted from *365 Easy One Dish Meals*)

Frankfurter Shish-Kabob

Earl Gately

Take a hot-dog, slice it into sections about 1 inch, skewer with pineapple or other fixens' like onion. If it is a wood skewer, it can be cooked in a BBQ or a metal skewer might be put right up to campfire.

Fred's Sausage and
Chicken Jambalaya

Fred Towner

¼ cup oil
1 chicken - cut up or boned
1 ½ pounds andouille sausage - or kielbasa
4 cups onions - chopped
2 cups celery - chopped
2 cups green pepper
1 Tbsp garlic - chopped
4 cups rice - long grained - Uncle Ben's works fine
5 cups chicken stock
2 tsp salt - these should be heaping teaspoons
3 tsp cayenne pepper
2 tsp black pepper - freshly ground
2 tsp white pepper
2 cups green onions - chopped
2 Tbsp basil - chopped (optional)
2 cups shrimp - (optional)

Season and brown chicken in oil (lard or bacon drippings are traditional) over medium-high heat. Add sausage (cut in ¼-inch rounds) to pot and sauté with chicken. Remove both from pot. For brown jambalaya, either add heaping Tbsp brown sugar to hot oil and caramelize, make roux, or use Kitchen Bouquet. For red jambalaya, delete this. (I prefer to make a deep chestnut colored roux).

Sauté onions, celery, green pepper and garlic to the tenderness that you desire. Return chicken and sausage to pot.

Add liquid and salt, pepper, and other desired seasonings and bring to boil. If using Kitchen Bouquet for brown jambalaya, add one to two tablespoons. For red jambalaya, add approximately ¼ cup paprika, and you may want to use ½ stock and ½ tomato juice or V-8 for your liquid. Add rice and return to boil. Cover and reduce heat to simmer.

Cook for total of 30 minutes. After 10 minutes of cooking, remove cover and quickly turn rice from top to bottom completely.

Add green onions and chopped tomatoes if desired. For seafood jambalaya, follow the first two steps, and then return seafood here. If you prefer to use the optional shrimp in your jambalaya, now is the time to add them. I also add the chopped basil at this time as well. 12 Servings.

NOTE: 1 cup raw long grain rice will feed 3 people.

4 keys:

- 1 cup rice to a total of 2 cups of trinity in any combination (trinity = onions, celery and green pepper)
- 1 cup raw rice to 1 ¼ cups liquid
- Overseason to compensate for the rice.
- Cook for a total of 30 minutes, turning completely after 10 minutes

NOTE: For Yankees and Canadians, the pepper mixture may prove to be a little warm for ya'll. Mix it in the proportions I've given in the recipe, then add it a few teaspoons at a time until you get a degree of warmth that is comforting. For myself, I also like to add about 6 dashes of Tabasco sauce.

Fresh Spring Asparagus and Turkey Sausage Supper

Mary Riemerman

12 oz hot turkey sausage
1 pound fresh asparagus
1 can condensed cream of mushroom soup
½ cup fresh mushrooms, chopped
¾ cup grated cheddar cheese
8 ounces (uncooked) spinach noodles
1 cup fresh bread crumbs, buttered

Brown and crumble the sausage and pour off the drippings. Keep hot. Cut asparagus into bite-size pieces; cook until crunchy-tender; drain, reserving $\frac{1}{2}$ cup of the liquid. Keep asparagus hot. Mix soup, mushrooms, asparagus liquid, and cheese in a saucepan. Cook over a low heat until well-mixed and thick. Keep hot. Prepare noodles according to package directions; drain and pour into a buttered casserole dish. Add sausage, asparagus, and cheese sauce, in that order. Top with the bread crumbs. Place in a hot oven (425 F) just long enough to brown the crumbs.

Glazed Cornish Game Hens

Diane Lazarus

Fresh Curry Powder ingredients:

$\frac{1}{4}$ tsp Fennel seeds
 $\frac{1}{4}$ tsp Coriander seeds
Seeds of 3 cardamom pods
Ground ginger to taste
Cinnamon to taste
Cumin seed to taste
 $\frac{1}{4}$ to $\frac{1}{2}$ tsp crushed dried red chiles
 $\frac{1}{4}$ tsp Turmeric

Main dish ingredients:

2 rock Cornish game hens (about a pound each)
 $\frac{1}{4}$ cup honey
1 Tbsp Dijon or spicy prepared mustard
1 small garlic clove, finely chopped
Salt and freshly ground black pepper to taste
Juice of $\frac{1}{2}$ lemon (reserve the other half)

To make the curry powder, grind the spices together until they resemble a coarse powder, either with a mortar and pestle or in a clean electric coffee grinder. If the hens are frozen, thaw overnight in refrigerator. Rinse hens with cold water; pat dry. In small bowl, combine curry powder with syrup, mustard, garlic, salt, pepper and lemon juice. Preheat oven to 375 F.

Cut reserved lemon half in half again; place inside hens. If desired, truss (tie or skewer) hens, to secure legs. Line a shallow roasting pan with foil, dull side facing up, for easy cleanup. Place hens in pan and brush with some of the glaze. Reserve remainder of glaze for frequent basting. Bake in oven 1 hour or longer, until juices run clear (meat should still be juicy.) Baste often for crispy, golden skin. Halfway through baking, cover legs and wing tips with foil to prevent scorching. Serve with rice and stir-fried vegetables.

Diane's Notes: The original recipe calls for corn syrup rather than honey. The first time I made this, I didn't have any corn syrup so I used honey instead, and I liked it so much I use honey every time now.

Adapted from *Nancy Enright's Canadian Herb Cookbook* by Nancy Enright. Toronto: James Lorimer and Company, 1985. Pg. 34. ISBN 0-88862-788-2.

Grant Avenue Flank Steak

Teri Chesser

- 1 pound flank steak
- 1 can (20 oz) sliced pineapple
- 3 Tbsp soy sauce
- 2 Tbsp sugar
- ¼ tsp ground ginger
- ¼ tsp garlic powder
- 2 medium tomatoes
- 2 Tbsp oil
- 1 ½ Tbsp cornstarch
- ¼ cup green onions, chopped

Cut flank steak diagonally into strips about 1/8-inch thick. Drain pineapple well, reserving all syrup. Combine syrup, soy sauce, sugar, ginger, and garlic powder. marinate steak trips for half an hour. Meanwhile, cut tomatoes into eight sections each. Heat oil in a heavy skillet. Remove steak from marinade and brown quickly in oil. Blend cornstarch into marinade, add to skillet and stir until thickened. Add pineapple

slices, tomatoes and onion, tossing until heated through. Serve at once. Serves 4; goes good with noodles or rice.

From a recipe in the Houston [TX] Chronicle sometime in the early 1980's.

Hamburger/Pork-n-Bean
Casserole

Sue Hathaway

1 pound ground beef
1 large (28 oz. or larger) can pork and beans
1 medium onion, chopped
¼ cup catsup
2 tablespoons brown sugar
Couple dashes Worcestershire sauce
Cayenne pepper (optional)

Brown ground beef with onions; drain grease. Add pork and beans, catsup, brown sugar, and seasonings. You may either continue to simmer it in skillet (covered) for an hour, or you may put it in a casserole dish and bake for 1 hour at 350 degrees. Serves 4-6. Real good with fresh green beans!

Harvest Meat Loaf

Irving Levine

¾ pound ground beef
½ pound breakfast sausage
1 cup soft bread crumbs (about 3 slices of bread)
¾ cup water
1 egg, beaten
1 Tbsp dehydrated minced onion
½ tsp salt
1/8 tsp black pepper

Mix all ingredients together and shape into one or more loaves. Bake at 350 F for one hour for a single loaf; less for smaller ones. I've used many combinations and types of sausage in this recipe, even turkey sausage. All work well. This is a modification of a recipe from *Plain and*

Fancy Hamburger Cookbook by Kaufman. The original used milk instead of water and pork luncheon meat instead of sausage. It also called for adding some sauce during the baking but I don't do that because it just gets messy and winds up in the excess liquid/fat that I pour off.

Harvest Cranberry Sauce using Canned Berries:

1 can (16 oz) whole berry cranberry sauce
½ cup brown sugar, packed
½ cup dry red wine
¼ tsp ground cloves
1 Tbsp cornstarch

Place all ingredients in a saucepan and stir well. Heat until sauce thickens.

Harvest Cranberry Sauce using Fresh Berries:

1 cup water
¾ cup granulated sugar
1 package (12 oz) fresh cranberries
1 cup brown sugar, packed
1 cup dry red wine
½ tsp ground cloves
2 Tbsp cornstarch

Combine water and granulated sugar in a saucepan and bring to a boil, stirring to dissolve. Simmer 5 minutes to form a syrup. Add berries and simmer an additional 5 minutes. Add remaining ingredients, dissolving cornstarch in wine first, and simmer until thickened. This will make about twice as much as the canned berry version. Serve Cranberry Sauce with Harvest Meat Loaf; spoon over sliced loaf and pass extra. The sauce is also good with chicken or pork dishes, and is great served on bread pudding. A teaspoon of commercially dried orange zest can be added to the sauce if you like.

Adapted from *Plain and Fancy Hamburger Cookbook*. the original recipe called for claret, but we don't like it as well.

Honey Curried Chicken Breasts

Alison Meyer

3 pounds chicken breast halves, without skin
1/3 cup orange juice
1/3 cup honey
1/4 cup Dijon mustard
4 tsp curry powder
Pinch cayenne pepper

Spray a baking dish with nonstick cooking spray. Arrange chicken in a single layer, skin side down if not skinned. Combine remaining ingredients in a small bowl, stirring until smooth. Pour over chicken. Cover and refrigerate if not cooking immediately. Bake chicken, uncovered, in 375 F oven for 20 minutes, basting once. Turn chicken over, baste again, and bake 20 minutes longer or until chicken is tender. Serves 4 to 6.

Adapted from *Canadian Living*, May 1989

Hunter's Stew

Chris Fernald

1 1/4 pounds beef for stew, cut in 1-inch cubes
2 Tbsp flour
1/2 tsp salt
1/8 tsp pepper
4 slices of bacon, cut in 1-inch pieces
1 large onion, thinly sliced
2 3/4 cups water
1 Tbsp red wine vinegar
1 clove of garlic, minced
1 beef bouillon cube
1 1/2 cup sliced carrots, cut diagonally about 1/2-inch thick

Combine flour, salt, and pepper; dredge beef. Cook bacon in Dutch oven until crisp; drain on absorbent paper and reserve. Brown onion in drippings three or four minutes. Remove with slotted spoon to small bowl, reserve. Brown beef in remaining drippings. Pour off drippings. Add water, vinegar, garlic, and bouillon cube.

Cover tightly and cook slowly 1½ hours. Add carrots and continue cooking, covered, 40 minutes. Add reserved onion and continue cooking for ten minutes, or until beef and vegetable are tender. Stir in reserved bacon. Yields 4 servings.

Taken from *TV Facts*.

Jeff's Barbecue Sauce

Jeff Duke

¼ cup bacon drippings or margarine
1 cup ketchup
½ cup molasses
2 Tbsp Worcestershire Sauce
¼ cup wine vinegar
2 cups water
2 Tbsp chili powder
1 tsp dry mustard
½ tsp salt
½ tsp cayenne pepper or red pepper
½ tsp garlic powder

In a saucepan, combine bacon drippings, ketchup, molasses, Worcestershire sauce and vinegar. Begin cooking over low heat. Slowly stir in the water. Add the remaining ingredients, mixing well. Raise the temperature to medium high and bring the sauce to a boil. Reduce heat and simmer for 30 minutes. Let sauce cool and stand at room temperature for an hour or more.

When ready to serve, reheat. Serve warm over barbecued meats. Sauce will keep refrigerated for several weeks.

½ lb round steak
1 cup flour
1 cup milk
1 egg
1 tsp garlic powder
½ tsp salt
½ tsp pepper
Oil for cooking

Heat ¼ inch oil in heavy frying pan to medium high. Combine 1 cup milk with the egg, whisk to mix. Pour into 9" round shallow pan. Season 1 cup flour with the garlic powder, salt and pepper. Sift together into a second 9" round shallow pan.

Tenderize the round steak well, trimming off excess fat and ligament. Dip the meat into the egg and milk mixture, then dredge in the seasoned flour, pressing the flour into the meat. Repeat for a crispier coating.

When oil is hot, place the meat into oil, adjusting temp. to allow the meat to cook for 9-12 minutes. This allows additional tenderizing of the meat. When fried steak is golden brown, remove to drain on paper towels. Serve with cream gravy.

Cream Gravy:

4 Tbsp cooking oil from the pan
¼ cup flour
1 cup milk
1 cup water
Salt
Pepper

Pour off all but 4 tablespoons of the cooking oil from the pan. Over medium heat, slowly stir in the ¼ cup flour, stirring constantly. Combine the 1 cup milk and 1 cup water, slowly add to oil/flour mix, stirring constantly. Stirring with a large spatula helps. Loosen brown bits

from bottom of pan while stirring, there's great flavor there.

Add salt and pepper to taste, raising heat to bring to a boil. When bubbly, lower heat and continue to stir, simmering for 5 minutes.

It's traditional to serve the meat with mashed potatoes, covering the meat and potatoes with the gravy. Large yeast rolls go great with this meal too.

Well worth the effort!

Jeff's Spaghetti Sauce

Jeff Duke

1 pound hamburger meat, browned and drained of fat and grease
1 can (15 oz) whole tomatoes, w/juice
1 can (12 oz) tomato paste
1 can (15 oz) tomato sauce
3 Tbsp olive oil
½ cup water
1 tsp basil
½ tsp salt
½ tsp pepper
1 tsp oregano
1 tsp garlic powder
½ tsp onion powder
½ tsp Worcestershire sauce
½ tsp lemon juice concentrate
1/8 tsp thyme
¼ tsp marjoram
Pinch rosemary
1 whole bay leaf
Pinch parsley, dried or flakes
2 heaping Tbsp grated Parmesan cheese

I rarely actually measure the ingredients, so they vary from sauce to sauce.

Combine all except the grated Parmesan cheese. Simmer covered, 30 minutes over low heat. Add grated Parmesan (Kraft shaker style is fine) and simmer additional 15 minutes.

Serve over hot pasta for 4. Sprinkle more cheese on top.

I have also substituted 3 or 4 drops Tabasco Sauce for the lemon juice. Vary spice quantities to suit taste.

Jim's Baked Beans

Jim Bodle

1 pound Great Northern or Navy Pea Beans (2½ cups)
2 tsp salt
1/3 cup maple syrup
¼ pound salt pork
2 Tbsp mustard

Wash beans and soak overnight. Cook beans with salt pork slowly until tender. Drain, saving the water. Mix remaining ingredients with part of the juice. Put beans and cup up salt pork in baking dish. Pour in seasoning and enough juice to come to the top of the beans. Add more water during baking if necessary. Bake at 250 - 325 degrees F for six to eight hours.

Jim's Maple Barbecue Sauce

Jim Bodle

½ cup Vinegar
3 Tbsp Worcestershire Sauce*
¾ cup Maple syrup (use ½ cup if you want a more sour taste)
1 clove Garlic, crushed

*Soy sauce may be substituted for the Worcestershire sauce.

Crush garlic clove in blender. Add remaining ingredients and blend. Let stand at least 2 hours. Keeps 2 weeks or more in the refrigerator.

Note: Sauce should be injected in ham, chicken, or beef roasts and basted on outside only in the last five minutes of barbecuing. use a large bore needle and syringe such as is made for cooking. These needles and syringes are also found in farm supply stores. If basted before the last 5 minutes the sauce will probably burn and taste burned.

Jim's Squid Pasta Sauce

Jim Bodle

¼ cup olive oil
1/8 Tbsp basil
1/8 Tbsp oregano
1 bay leaf, crushed
2 cloves garlic, minced
1 small onion. chopped
1 quart tomatoes, chopped
1 small bell pepper, chopped
1 small Portugal hot pepper, chopped (optional)
2 cups squid or octopus, cut into bite size pieces
¼ cup Chianti wine

In a large saucepan add olive oil, basil, oregano, bay leaf, garlic, and onion. Brown and add tomatoes with juice and peppers and bring to a boil. Reduce heat and add squid or octopus and simmer for 20 minutes. In the last 3 minutes add wine. Serve over hot drained pasta with grated mix of parmesan and Romano cheese

Note: I use our home grown and dried spices. The tomatoes are also home grown and canned.



Jim Weller's Teriyaki
Marinade and BBQ Sauce

Jim Weller

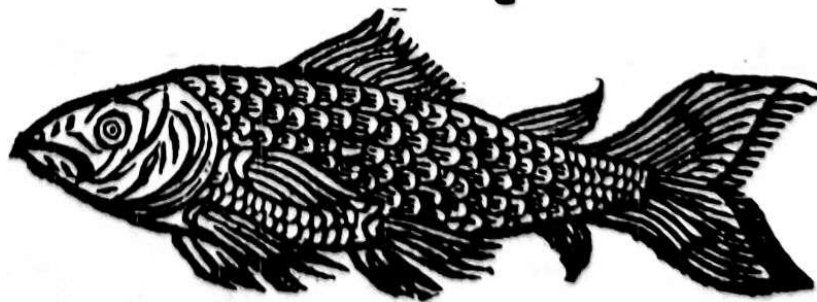
1 cup Soy sauce
1 cup Water
2 Tbsp Vinegar
2 Tbsp Brown sugar
1 tsp Dry mustard
1 Garlic clove; crushed
½ tsp Powdered ginger
1 tsp Hot pepper sauce (optional)
2 Tbsp Corn starch

Makes 2 cups of marinade.

Whisk together all the ingredients except the corn starch. Marinate the meat long enough to flavor and tenderize - an hour for chicken or fish, overnight for round steak, and up to 5 days for some game cuts.

Barbecue and baste with the marinade. Make a slurry of the starch and a little water and whisk into the marinade. Bring to a boil, stirring as the sauce thickens. Serve with the barbecued meat.

Wine, sherry, orange, or pineapple juice can be substituted for some or all of the water to vary the flavor of this sauce. Pineapple juice has an enzyme that provides additional tenderizing power to the vinegar and mustard.



John Hartman's Indianapolis
Baked Beans

John Hartman

2 pounds dry navy beans
6 Tbsp sugar
2 tsp dry mustard
½ tsp black pepper
1¼ pound smoked pork jowl
2/3 cup molasses
4 tsp salt
Hot water

Soak beans overnight in a saucepan. In the morning, add more water, if necessary, to cover and parboil beans for 10 minutes. Then run cold water through beans in a colander or strainer. Cut pork jowl in one-inch cubes, leaving skin on. Spread half of the cubed pork on the bottom of the bean pot (a traditional stoneware 2-3 quart pot is perfect). Put beans in pot. Cover with the rest of the pork. Mix other ingredients with hot water. Pour over the beans. Add enough water to make level with the beans. Bake in a 300 F. oven for 6 hours. Add water while cooking to keep moist. Serves 10.

Kathy's Tamale Pie

Kathy Pitts

For the filling:

1 pound lean chuck or round steak
5 cloves garlic, divided
1 can (14½ oz) beef broth
2 Tbsp bacon fat
1 small onion, chopped
½ sweet green pepper, chopped
3 Tbsp chili powder (or to taste)
1 Tbsp ground cumin
½ Tbsp dried oregano
1 cup canned tomatoes
½ cup canned or frozen corn
12 to 14 pitted black olives

Place beef in a saucepan with two whole garlic cloves. Add half of the beef broth and enough water to cover. Simmer until beef is very tender, about two hours. Remove beef from broth, reserving broth. With a fork or your fingers, finely shred beef.

In another saucepan, melt bacon fat. Add onion, garlic, and green pepper and sauté until tender but not brown. add chili powder, cumin, and oregano and sauté briefly. Add tomatoes, shredded beef, corn, and olives. Allow to simmer over very low heat 15 to 20 minutes. if mixture seems too thick, add a few tablespoons cooking broth from the meat. Correct seasoning.

For the crust:

1 cup cornmeal

2 tsp bacon fat

2½ cups beef broth plus the cooking liquid from the beef

Salt to taste

Place cornmeal, reserved beef broth, plus enough cooking liquid from the beef to total 2½ cups, in a heavy saucepan. Add bacon fat, and salt to taste. Bring to a boil, stirring constantly. Reduce heat and continue cooking, stirring constantly, until mixture is thickened. Allow cornmeal mixture to cool slightly. Butter a 5- to 6-cup baking dish. Line the baking dish with about 2/3 of the cornmeal mixture. Add filling. Cover filling with remaining cornmeal mixture. Dot the top with butter and bake in a pre-heated 400 F oven until the top is nicely browned, about 40 to 45 minutes.

Serves 4. [Wes adds: "Maybe so, if two of 'em don't plan on eating."]



Kaz's Chicken in Honey
and Mustard Sauce

Kaz Langridge

1 pint chicken stock
4 chicken breasts
425 g chopped tomatoes
1 Tbsp honey
3 tsp wholegrain mustard
1 Tbsp red wine vinegar
1 bouquet garni
6 shallots

I made this up for dinner tonight and served it with rice.
I also made some dumplings and put them in the
casserole 25 minutes before the casserole was ready.

Chop the chicken breasts and peel the shallots and
marinate in the red wine vinegar, chicken stock,
tomatoes and bouquet garni for 2 hours in the fridge.

After two hours, remove from the fridge and add the
honey and mustard. Bake on Gas Mark 4 for an hour
then add the dumplings. Bake at Gas Mark 7 for 25
minutes then serve.

Serves 4

Lamb Cutlets Shrewsbury

Jacquie Hoare

8 lamb cutlets or chops
½ oz fat or oil
4 oz button mushrooms
4 Tbsp redcurrant jelly
2 Tbsp Worcestershire sauce
1 lemon, juice
1 Tbsp flour
300 ml stock (or less)
Salt & Pepper
Nutmeg
Chopped parsley

Trim cutlets and brown on both sides in fat or oil. Slice the mushrooms and soften them in the same pan. Put the meat & mushrooms in a casserole. In a small pan, heat worcester sauce, redcurrant jelly and lemon juice. Blend together. In the remaining fat in the pan, fry the flour until it is golden - 10 minutes on gentle heat. Stir in the mixed liquids. Bring to boil, stirring. Add enough stock to make a thick sauce. Season to taste and strain over cutlets. Cook in pre-heated 170 C oven till tender (1 ½ hrs or so). Sprinkle with parsley and serve.

Lancashire Shrimping
(18th Century Style)

Ron Curtis

600 ml shrimp, boiled
125 g butter, Danish or French preferred
¼ tsp powdered mace
Pinch of grated nutmeg
Pinch of cayenne
Clarified butter
Brown bread and butter

Shrimps - mainly the brown "Crangon crangon" - were fished by boat, sometimes by horse and cart in water up to 5 feet deep, along the sandy breasts of the Morcombe Bay channels. The hard ridged bottoms of the bay made the trawl bump and vibrate, a horrible feeling transmitted throughout the boat. The shrimps were boiled on board in seawater to which extra salt had been added, the water being heated in coal-fired boilers. First they were put into the cod end of an old trawl net, then dunked into the boiling water - the colour changed through green to red - and finally put overboard to cool off rapidly in the sea. A rough trade, and for the men with horses and carts, sometimes a painful one, if they happen to tread on the poisoned spine of submerged weever fish.

When the boats returned to shore, the womenfolk and children of the fishermen were waiting to "pick" the shrimp and "pot" them in spiced butter...a task which

often meant working until three or four in the morning. The "Factories Act", and cheaper imported shrimp, has now seen an end to this traditional trade. A few hardy individuals still work the bay using methods that their forebears perfected.

Today's shrimp, cold stored or frozen, do not lend themselves to "potting". If you happen to have fresh shrimp available then try this old Lancashire method of preparing them. Traditionalists should use Danish butter as this is the only butter ever used in this localized potting industry. For every 600 ml of picked (shelled) shrimp you need 125 g of butter, melted with $\frac{1}{4}$ teaspoon powdered mace, a pinch of cayenne and some grated nutmeg. Heat all together thoroughly. Put into small pots and cover with a $\frac{1}{2}$ -inch layer of clarified butter when cool, and then foil. Refrigerate for 24 hours. The potted shrimp should keep for 3 or 4 days if refrigerated and covered with at least half an inch of clarified butter. Serve with brown bread and butter.

Danish, or French, butter is made differently to British (and most US) butters and has a milder flavor which is well-suited to this dish.

Lucho's Chicken

Irving Levine

- 8 pieces of chicken
- 3 or 4 slices of bacon
- 2 Tbsp peanut oil (optional)
- 2 medium onions, chopped
- 4 cloves garlic, minced
- 1 cup dry red wine
- 1 $\frac{1}{2}$ to 2 pounds tomatoes, cut up (I've used 1 $\frac{1}{4}$ cups Pomi or Parmalat diced tomatoes with good results)
- 1 tsp salt
- $\frac{1}{2}$ tsp pepper
- 1 can (15 oz) chick peas

Skin and bone chicken pieces if desired. Dry well. Cut bacon across into $\frac{1}{2}$ -inch pieces. Chop onions, dice

tomatoes large, and mince garlic. Drain chickpeas and rinse well.

Render bacon in a large pan; remove when crisp and reserve. Brown chicken in bacon fat, then remove and set aside. pour off all but about 2 tablespoons of the fat...or discard it and replace it with 2 tablespoons of peanut oil. Sauté onions in the fat or the oil until soft. Return chicken and bacon to the pot along with garlic, wine, tomatoes, salt and pepper.

Bring to a boil, and then simmer until chicken is done (about an hour.) Add more wine as required to keep moist. If the sauce is too liquid, you can remove the chicken and cook down the sauce. The meat may optionally be stripped from the bones at this time and returned to the pot.

Add chick peas, stir well, and allow to heat through (about five minutes.)

Irving's comments:

- Some fat can be saved by stripping the skin off the chicken before cooking. You can also use boneless pieces but I like to leave it on the bones as I think it develops more flavor and it is easily stripped from the bones when done, if desired.
- Leftovers from the fridge are just "heat and eat." The dish also freezes well, and is OK to reheat in the microwave.

This is a favorite from my early working days (1953?) from my good friend Lucho. Lucho did this dish proud. He used lots more bacon (and didn't throw any of the fat away!); a whole chicken, cut up; used fresh tomatoes; and lots of wine. I gradually got away from that by using canned tomatoes, less bacon (and drained off all the fat) or no bacon at all; added more onions and less wine. Mine always seems to have too much liquid so I couldn't add extra wine to develop the flavor. It got so far removed from the original, it just wasn't very good. Part of my excess liquid was from using canned tomatoes, too

many onions, and too deep a pan. I have used the boxed diced tomatoes packaged by Parmalat. They work well (not too much liquid) and they keep well in the refrigerator after opening. The version I've presented here is much closer to the original in taste without incorporating too much fat.

Macaroni, Cart Drivers' Style

Pat Stockett

5 or 6 very ripe salad tomatoes (2 pounds)
2 garlic cloves
10 fresh basil leaves
1½ tsp. salt
Freshly ground pepper
6 Tbsp olive oil
1¼ pounds thin macaroni (bucatini or perciatelli)

Peel the tomatoes, cut them into small chunks, and put them into the pasta serving dish. Chop together the garlic and basil, and add them to the tomatoes. Add the salt, freshly ground pepper in abundance (10 twists of the mill is a good amount), and the olive oil. Stir, and marinate for 1 hour.

Cook the pasta in 6 quarts of water to which 6 teaspoons of salt has been added. Drain especially well, shaking the colander to get out all the water before putting the pasta on top of the uncooked sauce.

Toss and serve. Serves 6.

From: *Carnevale Italiano: The Romagnolis' Meatless Cookbook*

Madras Chicken Curry

Mandy Carberry

8 pieces of chicken
3 Tbsp vegetable oil
2 medium onions, chopped
4 tsp garlic, chopped
1 Tbsp ginger, chopped
1 tsp turmeric spice
3 tsp chopped chili peppers
3 tsp ground coriander
1 tsp ground cumin
2 medium tomatoes, chopped
2 small cinnamon sticks
2 cups coconut milk

Heat the oil and fry onions, garlic, and ginger until soft. Add turmeric, chili, coriander, and cumin and fry for two minutes. Add tomatoes, stir well, cover and cook until tomato is pulpy. Add chicken pieces and cinnamon sticks and stir well until chicken is coated with mixture. Cover and cook until chicken is almost cooked. Stir in coconut milk and simmer, uncovered, for about 15 minutes longer. Serve with rice.

Originally from Gail Dalby, Worongary, Queensland, Australia, 1995.

Mama's Risotto Milanese

Kathryn Cone

1 ½ cup arborio rice
6 cups clear chicken broth
2 Tbsp olive oil or butter
1 pinch saffron
1 cup chicken, cooked and diced
1 Tbsp garlic
Romano cheese, grated

Heat olive oil to almost smoking stage. Add rice and stir until kernels turn white and oil is absorbed. Add boiling stock, a ladle at a time, stirring until most of the liquid is absorbed between each addition. After second ladle,

sprinkle saffron and garlic on the rice and mix well. When rice is almost to the consistency wanted, add chicken and mix well.

Serve with lots of grated Romano on top.

Source: Anna Chiodini Grant (Mama)

Mama's Scrapple

Kathryn Cone

3½ cups water, divided
1 Tbsp salt
1¼ cups white corn meal
½ pound county-style ground sausage

Heat 2½ cups water, salt and crumbled sausage to boiling in a 2-quart saucepan. Boil until sausage is completely cooked. Mix corn meal and 1 cup cold water together in a bowl. Add corn meal mixture slowly to boiling water, stirring constantly. Reduce heat to low and cook, stirring constantly, for 5 minutes or until too thick to stir. Pour mixture into a loaf pan and cool. Refrigerate overnight. The next day, slice loaf into 1 inch thick pieces. Dip in flour and fry until golden brown on each side. Great served with eggs. 8 Servings.

Source: Anna Chiodini Grant (Mama)

Martin's Duck With Berries & Wild Mushrooms

Martin Menzies

1 duck
2 oz Port
½ cup wild mushrooms
Blueberry Sauce
Cranberry Sauce

Roast duck and split in half. Reserve the breasts and thighs. Use the back and wings for stock.

Stock:

Roast the excess duck parts until dark brown. Pour off excess fat from pan. Heat pan and deglaze with 2 oz. port and a little water. Put deglazing liquid in saucepot and add roasted excess duck parts and enough water to cover. Simmer 2 - 3 hours. Strain, degrease, and reduce liquid by $\frac{3}{4}$. Discard duck Bones.

Blueberry Sauce:

1 cup blueberries
 $\frac{1}{2}$ cup duck stock
 $\frac{1}{4}$ tsp fresh rosemary, crushed
1 oz port

In a saucepan put the blueberries, stock, port and the rosemary. Bring to a boil, reduce heat and simmer for 10 min.

Cranberry Sauce:

1 cup cranberries
 $\frac{1}{2}$ cup duck stock
 $\frac{1}{4}$ tsp fresh basil, chopped
1 oz dry sherry

In a saucepan put the cranberries, stock, sherry and basil. Bring to a boil, reduce heat and simmer for 10 minutes.

Mushrooms:

Heat 2 Tbsp duck fat in a frypan until grease just starts to smoke. Add the mushrooms and sauté until tender.

Notes:

The two sauces can be produced at the same time and as they are finishing, the mushrooms can be done. In this way everything will be hot at the same time. Place the sauces on opposing sides of the plate with the mushrooms in between. Place a duck half on the mushrooms for the table

Martin's Rabbit With
Apple & Cider Sauce

Martin Menzies

1 rabbit
1 litre apple juice
1 bottle dry apple cider
1 Granny Smith apple
Flour
Butter

Cut rabbit up into small sections. Put the apple juice and apple cider into a sauce pot and bring to a boil. Reduce heat to a simmer. Put cut up rabbit in pot and cook slowly until done.

Remove rabbit and reserve. Bring the pot back to a boil and reduce by 2/3. Make a roux with the butter and flour. In a separate sauce pot cook the roux until it is a golden colour. Do Not Burn. Add the liquid to the roux and whisk until thickened. Remove and strain. Add the rabbit to the sauce and reheat. Cut thin slices of apple and line the inside of a flat bowl. With a slotted spoon dish up the rabbit into the bowl.

Martin's Skate With
Cranberry Vinegar Butter

Martin Menzies

6 oz fresh skate
Water or fish fume'
2 oz cranberry vinegar
1 oz butter

Poach skate in enough water to just cover. Reserve skate and 1 cup of poaching liquid. In a saucepan put the reserved poaching liquid and the cranberry vinegar. Reduce to 1 Tbsp. Add butter and whisk off the heat to form sauce. Place sauce on plate and cover with skate.

Mexican Lasagna

Sharon Barnard Dibble

2 pounds hamburger
2 packages Taco seasoning
½ cup black olives, sliced
2 cans tomato sauce
2 cup Monterey jack cheese, grated
Doritos, crumbled fine
2 cup sour cream
2 cup cottage cheese

Brown hamburger with taco seasoning. Drain. Mix with olives. Line bottom of 11x13 pan with Doritos. Layer hamburger mix next, sour cream, cottage cheese, and continue to layer ending with sauce on top. Sprinkle cheese on top and add a few of the crushed Doritos on top of cheese. Bake at 350 F. for 30 minutes. Serves 10.

Mexican Noodles

Gail Shipp

8 oz medium noodles, uncooked
1 pound ground beef or turkey
1 cup onion, chopped
1 can (4 oz) chopped green chilies, undrained
1 can (16 oz) tomato sauce
1 small can cream-style corn
½ cup salsa (desired hotness)
1 tsp cumin
1 tsp celery seed
1 Tbsp chili powder (or to taste)
8 oz or more cheddar cheese

In large mixing bowl, combine green chilies, tomato sauce, creamed corn, salsa, and all of the spices. Boil noodles according to package directions (do not over cook), drain and place in the mixing bowl. Stir to combine the noodles and sauce mixture.

Brown meat and chopped onion, being sure to drain off any oil. Combine meat mixture with the noodles. Mix

well. Pour mixture into flat casserole, approximately 9 x 13. Cover and refrigerate up to 12 hours.

When ready to bake, remove cover, sprinkle grated cheese over top and bake in preheated 400 oven for 20 minutes., then set oven to 450 for another 10 minutes. or until cheese is slightly brown. Serves 4 - 6 depending on appetite.

If transporting this hot, cover pan with foil and poke vent holes. Good with corn muffins and salad.

Middle Eastern Stuffed Peppers

Cheryl Shiels

4 red, green, or yellow bell peppers
2 Tbsp butter
1 large onion, minced
2 cloves garlic, minced
 $\frac{3}{4}$ pound sweet Italian sausages or pork sausage meat
1 cup rice
1 cup diced tomatoes
2 cups chicken stock (broth works fine)
 $\frac{1}{2}$ tsp turmeric
 $\frac{1}{4}$ tsp cumin
 $\frac{1}{4}$ tsp cinnamon
 $\frac{1}{8}$ tsp cayenne
2 Tbsp chopped fresh parsley
Salt and pepper

To make stuffing, sauté onion and garlic in butter. Add crumbled meat to pan and cook until no longer pink. Cheap pork links, meat removed from the casings, work well for me. Stir in rice, tomatoes, and stock. Add herbs and spices and bring to a boil. Cover and simmer over low heat 20 to 30 minutes. Meanwhile, cut peppers in half lengthwise and remove ribs and seeds. Cook in boiling water five minutes. Drain. Stuff peppers and arrange in large, shallow baking dish. Add $\frac{1}{4}$ cup water or stock to pan, cover with foil and bake at 350 F for 30 minutes. Serves 4.

My Stuff
(Non-Alcoholic)

Burt Ford

½ medium onion, sliced
Small can sliced mushrooms (4 ounces) - reserve liquid
About ¼ pound ground hamburger
½ package of dry gravy mix
Some frozen green peas
6 oz RED Zinfandel (not white)

Dump onions and beef into a large frying pan and cook until beef is browned. Add water to the mushroom liquid to make ½ cup, and add to the pan. Then add the mushrooms and the dry gravy powder. Cook and stir a little until it thickens some. Cover with a large cover and let sit on the magic burner, at about 180 F. Just before eating throw in a handful of peas, for color. (I used to 'brown the mushrooms with the hamburger, but Shirley says it was a waste of time.)

Go drink the wine at the computer, watch the news, etc.. When ready to eat (My Stuff was ready at the end of the last paragraph), make a serving of instant potatoes and three slices of nice brown toast. Put the potatoes and two slices of toast on a big plate. Put about 2/3 to ¾ of My Stuff on top. Refill wine glass.

When the toast is gone, and the potatoes are about 2/3 gone, get the last slice of toast and put the rest of My Stuff on the toast, and on the potatoes to warm them up.

My Stuff can sit on the magic burner for hours if you want. It just gets better. Remember to turn off the magic burner.

[Editor's note: For those unfamiliar with the term, some ranges have a thermostatically-controlled burner that can keep a cooking vessel at a preset temperature. These are called "magic burners."]

1 part red snapper
1 'ziplock' baggie
lemon-pepper salt

Place fish in baggie, coat with seasoning to taste. Mish baggie up a bit with hands and set in fridge overnight. Take to work and nuke it for 5 minutes. Warning: Will make your office mates hate you for the smell unless they also get a share. You may desire a light olive oil coating for flavor.

Nutritionally high, may be high in sodium as it is a salt water fish. Very low in calories for a meat, and cholesterol-free basically. Low in fat as any meat can get while being high in protein. Suitable for diabetics, dieters, and toddlers as long as the fish part was checked for bones (teeth not essential but cook it long enough to flake for toddlers and let it cool). Eats well cold if you like fish well. Watch for pets sneaking pieces.

Old Fashioned Meatloaf
(My Mom's Recipe)

Jean Ramsay

1 small onion
2 eggs
½ cup dry bread crumbs
1 tsp salt
Basil & oregano to taste
1 clove garlic
1 pound ground beef
¼ cup tomato puree
¼ tsp pepper

Chop onion & garlic. In large bowl, beat eggs lightly to mix. Add all ingredients and mix well. Pack the mixture into a loaf pan & cover with either catsup or bacon slices. Bake at 350 deg. for about 1 hour.

Open Face Hamburgers

Dale Shipp

1½ pound ground round beef
8 buns
1 large Spanish onion, sliced
Salt and pepper to taste.

Do not butter buns. Toast buns under broiler - watch carefully. Remove buns from oven when nicely toasted and let cool. Thinly spread raw meat over entire top of bun. Be sure to cover edges of bun. Place under broiler. Watch carefully while cooking to desired doneness. Since this is using the oven, plan stove top extras. Good with potato salad, pasta salad, etc.

Peking Noodles

Michael Loo

1 pound ground beef
3 cloves garlic, minced
2 Tbsp rice wine
2 Tbsp fish sauce (nam pla)
2 scallions, minced
3 Tbsp Hoisin sauce
3 Tbsp brown bean paste
1 Tbsp cornstarch
2 Tbsp water
12 oz Chinese egg noodles
8 oz bean sprouts
4 scallions, minced

Brown ground beef in its own fat (or use a little oil) along with the garlic. When it's gone gray, add rice wine, fish sauce, and scallions. Cook a minute, then add hoisin, bean paste, and cornstarch mixed with water. Cook a minute or two until cornstarch has thickened and set aside. Meanwhile, cook and drain the noodles as you would any other noodles. Mound the noodles on a platter and arrange the bean sprouts over the top. Pour the hot (or warm, at least) meat sauce over and strew with scallions. Serve hot or cool.

Oven Baked Barbecued Brisket

Karin Brewer

- 4 to 6 pound brisket, trimmed
- ½ tsp garlic salt
- ½ tsp onion salt
- ½ tsp celery salt
- 1 bottle (4 oz) Liquid Smoke (reserve 3 tsp)

In a large Dutch oven, place brisket, sprinkle with spices and coat generously with Liquid Smoke. Cover with foil and refrigerate overnight. The next day, preheat oven to 250 F. Combine in a saucepan:

- 2 cups catsup
- ½ cup vinegar
- ½ cup sugar
- 3 tsp reserved Liquid Smoke
- ½ cup Worcestershire sauce

Bring sauce to a boil and simmer until sugar is dissolved. Remove brisket from refrigerator and drain, discarding any remaining marinade. Coat brisket generously with sauce, cover with foil, and bake 5 to 6 hours. Slice and serve. Serves 6 to 8

Originally from *Celebrate San Antonio - A Cookbook* by the San Antonio Junior Forum, 1986

Pineapple Noodle Kugel

Henry Kasten

- 1 pound cooked extra wide noodles
- 1 pound cottage cheese
- 6 Tbsp butter
- 6 Tbsp sour cream
- 8 eggs, separated
- 1 cup sugar
- 1 tsp cinnamon
- Dash of salt
- 2 cans (20 oz each) crushed pineapple, drained .

Combine all ingredients except egg whites. Beat egg whites and fold into batter. Pour into 9" x 13" glass baking pan. Sprinkle a little extra cinnamon on top. Bake 1 hour at 350 F. Serves 6.

Note: Folks raved and wanted the recipe. I used yolk-less noodles, no fat cottage cheese, sour cream and butter. Next time I will try it with egg beaters. I really don't think the eggs needed to be separated.

Pork Chops au Vin

Paul West

4 center cut pork chops
1 sherry wine (either cooking wine or the real thing)
2 cups water
2 Tbsp butter

Place the pork chops in a skillet with a cover. Pour enough water over the chops to cover. Boil them for 10 to 15 minutes. Remove the chops from the pan. Drain the water from the skillet. Melt the butter in the skillet. Return the chops to the pan and brown them on both sides. Pour into the skillet enough Sherry to cover the chops, and simmer for 15 to 20 minutes. The reduced Sherry makes a delicious gravy for potatoes and/or the vegetables to accompany the chops. Serves 4.

NOTE: One time I prepared 6 chops in an electric skillet. It was late in the evening. I got through the boiling process and the browning process. I poured the wine into the skillet, turned it down to about 200 degrees, and then by mistake I fell asleep. About 6:00 in the morning I awoke to the most delicious smells wafting into my bedroom from the kitchen. I leaped out of bed remembering the chops in the skillet, and when I uncovered the pan, I found the most gorgeous golden brown chops, and surrounding them on the bottom of the pan was a VERY thick Sherry syrup. When I touched the chops with a fork, they literally fell apart, but they were very delicious. Though I wouldn't normally say it about pork chops, they actually melted in my mouth.

Pork Tenderloin with
Herbed Sausage Stuffing

Michelle Bass

- 2 pound pork tenderloin (approximately 1.75 to 2.25 lbs.)
- 2 cup diced celery
- 1 cup chicken stock
- 2 large cloves garlic - minced
- 1 medium onion - finely chopped
- ½ pound bulk hot sausage (Jimmy Dean is a good brand)
- 2½ cup large seasoned French bread crumbs or stuffing mix
- Salt and pepper
- 2 green onions - finely chopped
- 3 sprigs fresh thyme
- ¼ tsp fines herbes
- ¼ tsp dried thyme - crumbled
- ¼ tsp dried basil - crumbled
- 3 fresh basil leaves
- 2 drops Tabasco
- 2 Tbsp reserved celery stock
- 8 Tbsp extra-virgin olive oil
- 1 Tbsp fresh parsley - chopped

Prepare Stuffing:

Put celery and chicken stock in small saucepan and bring to a boil. Cover, reduce heat to low, and simmer for 20 minutes. Strain, reserving liquid.

Meanwhile, break hot sausage into small pieces and brown on medium-high heat, breaking into even smaller pieces with wooden spoon while cooking, for about 5 minutes, draining out grease if necessary. Add onion and garlic and cook for 5 minutes. Remove pan from heat.

To large mixing bowl, add sausage mixture and cooked celery; mix well and season with salt, pinch black pepper, fines herbes, thyme, basil and Tabasco. Add bread crumbs, mixing well. Add 2 tablespoons of reserved celery stock and mix well, adding more if too

dry (stuffing should be fluffy but not dry). Taste stuffing and adjust seasoning, if necessary.

To Prepare Roast:

Rinse pork tenderloin pieces and pat dry with paper towel. Cut excess fat and thick membrane (silver) from meat. On cutting board, one piece at a time, cover pork with wax paper and hammer with meat mallet to about $\frac{1}{4}$ to $\frac{3}{8}$ -inch thick, hammering even thinner on uneven side that will be overlapped onto second piece of meat. Repeat with other piece of pork. On cutting board, overlap two pieces of meat lengthwise, with thinner side of each piece being used for overlap. Approximately $\frac{1}{2}$ of each piece will overlap. Once overlapped, if too thick or bumpy in spots, cover with more wax paper and use meat mallet to even out.

Add 3 tablespoons olive oil to 13x9x2-inch glass baking pan. Using hands, carefully move hammered meat in one piece to oiled baking pan. Sprinkle meat with pinch of crumbled thyme and 2 tablespoons of olive oil. Spread olive oil with hands evenly over pork tenderloin. Sprinkle chopped green onions and chopped parsley on top of meat. Cover meat with approximately $\frac{1}{2}$ -inch layer of cooled stuffing, spreading evenly to edges (you may not use all of the stuffing). Press stuffing down lightly with hands. Starting at short end of meat and at end that is most uneven, begin to roll up meat, but don't roll so tight you force out the stuffing. Using string, tie up roast just tight enough to hold together, covering ends as well with string if stuffing is starting to fall out ends (or you can close ends with toothpicks or skewers once tied, forcing excess stuffing back inside ends with hands before "sealing"). Cover roast with 2 tablespoons of oil, rubbing with hands and turning roast in pan to completely cover. Put 3 whole basil leaves on top of roast, anchoring under string across top. Repeat with 3 sprigs of fresh thyme. Season roast lightly with pepper. Slice one clove garlic into 3 pieces and anchor on top of basil leaves under string.

Roast in preheated 350F oven for 1 hour, basting with pan drippings every 20 minutes, adding 1 to 2 tablespoons of celery stock all three times you baste. Cook for 5 more minutes after final basting. Remove from oven, and let rest in warm, draft-free place for 15 minutes before slicing. (If necessary, cover immediately with plastic wrap to keep warm). Remove string. Slice about ½ inch slices; overlap slices on serving platter and drizzle with Sauce Creme Dijon (see recipe). Serves 4 to 6.

Sauce Creme Dijon:

1/3 cup Grey Poupon mustard

2 eggs

1 cup whipping cream

1 Tbsp white wine vinegar

¼ tsp tarragon - or dill weed

Pinch grated lemon rind

In saucepan, beat ingredients over low heat (double boiler is best), stirring constantly until mixture thickens. Makes 2 cups.

This sauce recipe is from Grey Poupon mustard. Great with pork, asparagus, broccoli, eggs, chicken breasts, etc.

Rain's Turkey Onionburgers

Rain

With your hands, thoroughly mash together equal parts ground turkey and regular or firm tofu till the result can be formed into patties. Work in about half a package of Lipton onion soup mix per pound of mixture, some garlic powder, and a light whiff of rosemary.

Fry in a sesame-oil blend till golden, splashing with good soy sauce once during frying. Serve on whole wheat with brown mustard.

Red Devil Ribs

Joann Pierce

- 2 Tbsp vinegar
- 2 Tbsp Worcestershire sauce
- 1 Tbsp salt
- 1 Tbsp paprika
- ½ tsp red pepper (cayenne)
- ½ tsp black pepper
- 1 tsp chili powder
- ¾ cup catsup
- ¾ cup water
- 2 large onions
- 2 - 3 pounds cracked ribs (or boneless ribs)

Mix all ingredients, except onions and ribs. Slice onions over meat. Pour mixture over meat. Bake at 350 degrees till tender (1 - 1½ hours). Turn often and baste with sauce in pan.

NOTE: The leftover sauce in pan can be served over rice. It makes a very spicy side dish.

Roast Lamb with Peppers & Aubergines

Jacquie Hoare

- 50 g butter, softened
- 1 Tbsp chopped fresh oregano or 1 tsp dried marjoram/oregano
- 1 tsp dried marjoram/oregano
- 1 Tbsp whole grain mustard
- 1 1/8 kg half leg lamb
- 450 g red peppers
- 450 g aubergines
- 100 ml olive oil

Optional:

- 2 Tbsp chopped fresh oregano or chopped fresh parsley

Beat the butter with the first lot of oregano/marjoram and the mustard. Trim lamb and cut slits 2 cm deep over

the surface. Spread the butter all over the meat, and push it into the slits (I like to do this a couple of hours before cooking). Place on a wire rack that will fit over a roasting pan.

Halve, core and seed the red pepper then cut into chunks. Cut the aubergines into similar sized chunks. Pour the olive oil into the roasting tin and stir into the vegetables. (I used half an onion as well, and it worked well).

Place the wire rack and lamb on top and roast at 200 C (400 F, or gas mark 6) for 20 minutes per pound plus 20 minutes for medium cooked lamb. Stir the vegetables twice during cooking.

Turn off the oven and transfer the meat to a serving dish and leave in the turned off oven for 15 minutes. If necessary, brown vegetables over a high heat, stirring all the time. Spoon the vegetables around the lamb. Stir in the oregano and serve immediately. Serves four.

Recipe from *Good Housekeeping* (UK Edition)

Note: *Aubergines* are more commonly known in the United States as *eggplants*.



1 ½ - 2 pounds lean ground beef
½ cabbage, chopped
1 medium onion, chopped
3 Tbsp Worcestershire sauce
3 Tbsp soy sauce
1 tsp garlic powder
1 tsp celery salt
¼ tsp black pepper
1 package yeast
¼ cup warm water
3 ½ cup flour
1 tsp salt
¼ cup sugar
¼ cup shortening
1 cup milk, scalded and allowed to cool
1 large egg, slightly beaten

Meat mixture:

Chop and fry together ground beef, cabbage, and onion. Add Worcestershire sauce, soy sauce, garlic powder, celery salt and pepper. Cool 5 minutes. Add 3 or 4 tablespoons flour so it is sticky.

Bun Mixture:

Soften yeast in warm water. Meanwhile, sift flour with salt and sugar, and cut shortening in until mixture resembles coarse meal. Stir in yeast, milk, and egg, knead briefly, and allow to rise until doubled in size. Turn out onto floured board and knead a few times. Roll out to ¼" thickness and cut into 3" rounds. Spoon some meat mixture onto one round, top with a second round, and seal edges. Repeat until all rounds are filled

Bake in 375 F oven for about 20 minutes.

Salmon Quiche

Ruth Hanschka

1 unbaked pie shell in 9" or 10" pan
2 cups mozzarella cheese, shredded
1 tablespoon flour
1 cup light cream
½ cup milk
1 onion, sliced very thin, or 1 Tbsp dried onion
3 eggs
1 to 1 ½ cups cooked or canned salmon chunks
½ teaspoon salt
Freshly ground black pepper
dash fresh nutmeg
1 tsp. dried thyme

Preheat oven to 450 F. Prebake the pie shell in the oven for 5 minutes.

Mix cheese with flour. Set aside. In a bowl, beat the three eggs well with the cream and milk. Add pepper to taste, salt, thyme and nutmeg.

Line bottom of the baked pastry shell with salmon. Add the onions, the cheese mixture, and then the egg mixture. Grind a little more pepper over the top, if desired.

Bake in 450 oven for 15 minutes, then reduce heat to 350 and bake 15 minutes more. Turn oven off, and leave sit in closed oven for another 10 minutes.
Serve hot.

Ruth's notes:

This is an adaptation of a rather old, even richer, quiche lorraine recipe. I made this for a potluck dinner, and it vanished. I guess that means it tastes good.

Sausage and Egg Pie

Delores E. Rowe

Pastry for two-crust pie
1 pound lean sausage meat
3 large hard-boiled eggs
2 Tbsp tomato ketchup
Pinch mixed herbs
Salt and pepper to taste
Beaten egg to glaze

Preheat oven to 400F.

Roll pastry into two rounds and line a deep dish pie pan with one. Mix sausage meat with seasonings and herbs. Form into two large rounds, and place one into pastry lined pie pan. Peel and slice eggs and arrange on top of the sausage. Spread ketchup over the top of the eggs, and cover with second round of sausage. Cover with pastry, flute edges, and make cut outs with pastry scraps. Make two vents in top of pie, glaze with beaten egg, and bake for 50 minutes or until golden brown. Cover with foil for last 10-15 minutes of cooking time. Serve with creamed potatoes and green vegetable or a mixed salad.

Sharon's Corn Casserole

Sharon Stevens

1 can cream corn
1 can kernel corn, drained
1-2 cups croutons
2½ cups grated cheese, separated
(I use combo of cheddar and mozzarella)

Drain kernel corn. Add both cans of corn into casserole dish. Add 1 cup croutons and 1 cup cheese and mix thoroughly. Spread remaining cheese on top. Sprinkle remaining croutons on top of cheese and bake in a 350F oven 45-60 minutes.

Origin: My Mom

Small, Shanghai-Style
Sweet and Sour Ribs

Stephen Ceideburg

One of the things that led to my life-long infatuation with Chinese food was Sweet and Sour dishes. I must have cooked dozens of different recipes, but the one that follows is probably THE best that I've found. The ingredients are simple and the procedures straightforward. Don't be deceived by its simplicity. It's extremely filling and satisfying although it's not like the pineapple and cherry laden dishes that a lot of Chinese places serve. Of course, you can embellish it with whatever you like, but I urge you to try it just as it is the first time. (I've done this with chicken too. Chop it bones and all into about 1½ inch pieces and proceed as for the ribs.)

I serve it with steamed rice and a bowl of chopped up scallions (chopped fairly fine) and individual bowls of hot mustard, hoisin sauce, rice vinegar and maybe some spiced salt and hot pepper oil. Dip a rib in the sauce of your choice, then into the bowl of scallions and enjoy. The scallions cut some of the richness of the ribs and add a nice fresh touch. Great with beer and a side plate of sliced Thousand Year Eggs.

Spiced salt can be made by crushing about a teaspoon of black or Szechuan peppercorns and toasting them in a dry skillet with two teaspoons of salt until the pepper is fragrant and slightly browned.

3 pounds pork spareribs, cut across bones into 1½ lengths

Peanut oil for deep frying

½ cup sugar

1/3 cup Chinese rice vinegar

1 tsp salt

1 Tbsp dark soy sauce

Rinse and dry ribs; then cut apart. Heat about 3 cups of oil in a wok. When very hot, add ribs in small batches

and fry until brown and crispy, about 5 minutes. Remove and drain.

Combine sugar, vinegar, salt, and soy sauce. Remove oil from wok; return wok to stove and turn heat to high. When hot, add vinegar mixture. Cook, stirring, over high heat until syrupy. Add ribs; toss in the mixture until well coated. Serve warm or at room temperature.

Originally from a column by Bruce Cost, San Francisco Chronicle, June 20, 1988.

Spam, Tomato,
And Cheese Casserole

Jim Bodle

3½ - 4 cups uncooked noodles
1 can Spam, finely chopped (12 oz.)
1 quart tomatoes (32 oz.)
1 large clove garlic, minced
1 medium onion, finely chopped
¼ tsp dried basil
¼ tsp thyme
¼ tsp Mexican oregano
¼ pound Velveeta, melted
Parmesan cheese
1 tsp mustard
¼ cup bread crumbs

I use home canned tomatoes. You can substitute a 10 ¾ ounce can of condensed tomato soup, undiluted. If Velveeta isn't available, you can substitute a 10 ¾ ounce can of condensed cheese soup, undiluted. If you do decide to use the soups, see the note below.

Cook noodles according to package directions. Drain, rinse and set aside.

In a 2 quart saucepan, brown Spam. Add tomatoes, garlic, onion and spices. Bring to a boil. Reduce heat and simmer until thickened, and onion and garlic are tender. Add Velveeta, some Parmesan cheese and mustard; cook

and stir until cheese is melted. Remove from heat and pour over noodles. Mix well, making sure noodles are coated.

Coat a casserole dish with cooking spray. Sprinkle with bread crumbs. Bake at 350 degrees for 30 minutes. Serves 6-8.

NOTE: If using soups, sauté Spam, onion and garlic until vegetables are tender and Spam is browned. Combine soups and mustard with $\frac{1}{2}$ can of water. Add Spam mixture and mix well. Pour over noodles and mix well. Pour into casserole dish, sprinkle with bread crumbs. Bake at 350 degrees for 30 minutes.

Stuffed Cabbage

Margaret Young

1 large cabbage
3 pounds ground beef
1 large onion, diced small
1 egg
1 cup Minute Rice
1 oz A-1 steak sauce
2 Tbsp Heinz 57 Sauce
2 Tbsp ketchup
1 can (28 oz) sauerkraut
1 tsp salt
2 cans (28 oz each) crushed tomatoes

Preheat oven to 350 degrees.

Remove core from head of cabbage. Place in a large pot, add enough water to cover head. Remove cabbage, season water with salt to taste, and bring to a boil.

While the water is heating, mix ground beef, onion, eggs, and rice. Mix well. Add A-1 sauce, Heinz sauce, and ketchup, mix with hands until blended.

When water boils, add cabbage head carefully. Cook until outer leaves loosen. Remove loose leaves to a jelly

roll pan to cool as they become soft. *Do not overcook!* Repeat until all leaves are removed. Cut tough center stalk from each leaf.

Starting with large leaf, lay out on flat surface. Take a fistful of the ground beef mixture and place in the middle of leaf. Roll up, tucking in sides. Repeat until you have filled a roasting pan. I use a very large roasting pan and make rolls until I run out of meat or cabbage. Cover cabbage rolls evenly with sauerkraut, and cover all with crushed tomatoes. Cover roasting pan and bake for approximately 2 hours. Serves 12.

I make these in a big batch as they freeze well and we have extra meals. Also for convenience, I put two to a zip-lock bag and freeze.....a quick lunch!

Suggestions:

- If you run out of meat and have cabbage left: Put cabbage in a small saucepan, cover with water, add onion, and pepper. Cook until tender.
- If you have ground beef left: Roll into meatballs, lay on top of the tomatoes in roasting pan and cook or sauté in small frying pan until done. Store in plastic zip-lock bag for later quick meal (can be frozen). In a small saucepan, add 1 Tbsp oil. Add thawed meatballs. Open can of cream of mushroom soup, add to saucepan. Add a little water to make gravy. I use a couple of drops of Kitchen Bouquet Browning & Seasoning sauce to get it to a nice brown color. Simmer for 15-20 minutes. Serve with almost anything!



Stuffed Pork Cutlets

Sharon Stevens

Pork cutlets

1 slice of bread for each cutlet used

Celery, diced, ¼ cup for each cutlet used

Onion, chopped, ¼ cup for each cutlet used

1 egg

Beef bouillon (oxo granules or liquid)

Water

Salt and pepper to taste

Break the bread up into pieces as for stuffing. Add the chopped celery and onion. Add egg and salt and pepper. Mix together and add a little water if necessary to make a workable stuffing. Roll out the cutlets and press out to make as big as possible without breaking them. Place about a handful of stuffing on each cutlet and then roll up and place in casserole dish. After all cutlets are done, using same bowl that the stuffing was in, add your beef bouillon granules and water to make about 2 cups liquid. (more if making more cutlets) Swish the beef broth around the bowl, making sure you get all the leftover stuffing that might be left on the bowl, and then pour it over top of the cutlets in the casserole dish. Cover and microwave on high for about 20 minutes, slightly longer if doing more cutlets. If using the oven, bake at 350F for about ¾ of an hour or more.

Swedish Tacos

Stephen Ceideburg

This is the second of the only two recipes I can call my own [see also Cook's Treat Chicken]. Copious quantities of ice cold beer is the best accompaniment for this.

This dish is a truly international one and bears little resemblance to anything from either Sweden (I'm part Swedish - hence the name) or Mexico. The inspiration is Mexican, the utensils and some of the techniques used are Chinese, the ingredients are all-American (with the exception of the tortillas). It's "peasant food" in the best tradition - cheap, full of flavor, healthy and satisfying. I

cooked these so often that I got to where I could knock out a complete, filling dinner - even with the frozen hamburger - in less than half an hour. Follow the recipe closely - at least the first time to see what it's s'posed to taste like. I've never had anyone dislike this recipe, with the possible exception of a vegetarian or two.

- 1 pound frozen (important) hamburger (the cheapest available)
- 1 package corn tortillas
- 2 to 4 cloves of garlic, depending on size and taste
- 2 medium yellow onions or 1 huge one
- 2 to 22 hot chilies - serrano, jalapeno, Thai, whatever...
- 1 largish block of cheddar cheese (the sharpest available)
- 2 or 3 tomatoes
- Head of iceberg lettuce
- Olive oil and peanut oil
- Salt

Slice and dice first. Put everything into separate serving dishes as you cut 'em. Using a Chinese cutting knife, smash the garlic cloves, remove the skins and mince coarsely. Chop the onions into pieces about a quarter to half an inch square. Dice or slice the hot chilies, seeding them if you want them milder. Grate the cheddar on the side of the grater with the big round holes (make sure you have a good cereal bowl full.) Cut the tomatoes into chunks about the same size as the onions or a little larger. Using the Chinese knife, shred the lettuce finely - into strips maybe 1/8-inch wide.

The essence of this dish is textured savoriness. The sharp cheddar, hot chilies, and yellow onions all contribute without overpowering one another. The tomatoes, besides adding a nice acidy zing, also give moisture. But the key to the savoriness and to the unique taste of the dish lies in the first two steps involving the garlic, onions, and hamburger. Cheap hamburger is used because it has a high fat content and lots of taste. I've made this with chopped sirloin and the like, and believe me, the result is definitely inferior to using the cheap stuff.

Now that you've got everything sliced, diced and chopped you can start cooking. Actually, I usually do these first couple of steps prior to doing most of the cutting. That speeds things up a bit.

Heat a wok over high heat and put in a nice dollop of peanut oil - about 2 tablespoons or so. Let it heat for a minute, then toss in the minced garlic, followed a second or two later by about 2/3 of the onion. The rest goes on the table, raw. Right about now, it's gonna start smelling good in the ol' kitchen. Stir the onions and garlic and reduce the heat to medium. Take the frozen hamburger out of its wrapping and put it in the wok as is. Smoosh it down and push the onions and garlic out of the way so the surface of the frozen hamburger is in contact with the hot surface of the wok. If you haven't already whacked up everything else, now's the time to get on that.

As the hamburger browns, scrape off the done surface with a slotted spoon or spatula of some sort. This goes on during the whole cooking time. Flip the block of meat over and scrape off the browned bits. Let the other side brown a bit then repeat the process. The idea is to brown both the onions and the garlic well. Big no-no's, I know, but I was young and ignorant and what did I know. As it turns out, it was a happy mistake. The browned onions and garlic give a nice sharp, distinctive savoriness to the finished dish. I salt the meat periodically while it's cooking. The reason for using frozen hamburger is that when it's all finally cooked, you'll have bits of meat ranging all the way from well done and crunchy to nearly raw. This gives a very interesting texture and deepens the range of tastes. You may need to lower the heat under the wok toward the end to avoid overcooking the meat. And the bits will all be steeped in the wonderful juices from the cooking onions and garlic. Sometimes I drain the meat at the end of cooking, sometimes I don't. It depends on how fatty the meat is. These should have taste, but not be greaseburgers.

You should be through chopping the rest of the stuff about the time the meat gets done. Now's the time to tackle the tortillas. I prefer soft tortillas over the deep fried, crunchy shells. I use an old, cast iron skillet to warm them up, and the aroma while the tortillas are cooking is heavenly! I warm two tortillas at a time, flip them over and let them cook a bit more. As they're done, I put them on a plate covered with a pot lid to keep them warm.

Soon as the tortillas are done, put everything on the table in the individual bowls and dig in. Everyone assembles their own tacos according to their tastes. My method is to put on a layer of meat - not too thick, then a layer of the chopped hot chilies, a layer of cheddar, a layer of chopped raw onions, then tomatoes and finally a layer of iceberg lettuce. Just before folding I anoint the whole mess liberally with Tabasco sauce. I've also used Jamaican Pickapeppa sauce and it's quite good on these, too. Season with salt during assembly if you like.

The finished dish is an incredible medley of tastes and textures, each distinct and flavorful, with at least two distinct kinds of hotness. Great food that you eat with your fingers. What could be better? The ingredients I listed above are the basics. From that point you can use literally anything you like. As well as the above, I've also used chopped black olives, avocados, sour cream, bell peppers, celery, mushrooms - I don't remember what all. Keep things chopped roughly the same size. A very nice twist is to use flour tortillas. In that case I usually just heat them in the oven while preparing everything else. It's also excellent prepared exactly as above, but using chopped cooked ham fried along with the onions and garlic instead of hamburger. This gives a different, but equally nice, taste. Oddly enough I've never tried it with chicken, but I don't see why that wouldn't work well, too. In that case I'd fry the onions and garlic and toss the chopped raw chicken in at the last minute to avoid drying it out.

Oh yeah -- almost forgot one of my favorite variations. I have made them with chicken, sorta. One time I found myself with a baggie of chicken skins I'd been saving to render. I sliced them, fried them up into 'gribbenes' and used them instead of hamburger. Excellent. And the best part is that I couldn't get anyone else to eat 'em...

Swiss Steak

Margaret Young

1 cup carrots, shredded
3 pounds lean round steak
½ cup celery, diced
1 tsp salt
½ tsp garlic powder
½ cup red table wine
½ cup flour
1 medium green pepper
1 can (28 oz) crushed tomatoes
3 Tbsp Worcestershire sauce
3 Tbsp steak sauce
2 cups water
2 Tbsp vegetable oil
2 medium onions
2 Tbsp soy sauce

Trim fat from around steak, cut steak into 6 equal pieces. Pound with meat tenderizer until thin. Coat meat with mixture of flour, salt, and pepper. Put remaining flour and ½ cup water aside. In large skillet, heat oil...add meat and brown lightly on both sides, add carrots, onions, celery, and green peppers. Cook until onions and peppers are soft. Add remaining ingredients and simmer for two to three hours, adding extra water if necessary. Take the ½ cup water and add remaining flour (at least 2 Tbsp.). Add to meat mixture slowly, stirring constantly to thicken sauce. You can experiment with the thickness of the sauce by adding water to thin or extra flour paste (made with water) to thicken. Serves 6.

Teriyaki Steak

Joann Pierce

4 to 5 pounds sirloin tip roast
1 medium bottle Kikkoman Soy Sauce
4 cloves garlic, minced
1 cup granulated sugar
1 tsp ginger
½ cup rice wine or sherry (optional)

With sharp knife, slice the roast into thin steaks. Place a layer of steaks in a large bowl or deep pan. Pour a small quantity of soy sauce over steak, sprinkle with a little garlic, sugar and ginger. Add another layer of steak.

Repeat until all the steak is used. Add more of the other ingredients if necessary. If you use the wine or sherry, pour it over all at the end, then add water to bring level of marinade over the steaks. Wine can be eliminated and water only may be used. Marinate for a minimum of 24 hours. Turn steaks once in a while as you think of it. Barbecue and enjoy. Serves 8.

This is a recipe my father used every summer. It is wonderful as a cold snack also, if you can save any for leftovers.

Note: unless you are dieting, don't trim off the fat. It picks up the marinade flavor and is WONDERFUL!



THAT Pot Roast

Kathy Pitts

- 1 fairly lean pot roast
- 1 envelope dehydrated onion soup mix
- 1 onion, thinly sliced

Place half the onion in the bottom of a crock pot. Rub the roast with the soup mix. Place the roast in pot, and top with remaining onion. Cover and cook on low setting for at least 12 hours. Do not panic and add water. Trust me. It will make its own juices.

You can add carrots or potatoes to the roast. Just be sure to place veggies in the bottom, so they will absorb the juices.

Tunafish My Way

Carol Shenkenberger

- 2 cans (6.5 ounce each) tuna
- 1 can (6.5 ounce) minced/chopped clams
- 1 small onion, minced
- A few tablespoons of mayonnaise (NOT Miracle Whip!)
- A handful of green and/or black olives chopped up
- About a teaspoon of black pepper

Mix it up and have it handy <g>. I like to serve this on a toasted hotdog bun.

Suitable for a diabetic if not on a fat-restricted diet as well. Fairly high in sodium. Olives may pose a choking hazard to toddlers if you don't chop them fine, but most who can handle the bun can handle the olives okay.

To round it out to a full meal, add some kiwi fruit slices to be served on the side, and perhaps add tomato and lettuce to the bun. A small chunk of cheese goes well with this and a glass of milk.

Turkey Schnitzel

Mary Riemerman

4 slices turkey breast, cut about $\frac{1}{2}$ inch thick (about $\frac{3}{4}$ pound total)
2 Tbsp lemon juice
 $\frac{1}{4}$ cup olive oil or salad oil
 $\frac{1}{8}$ tsp salt
 $\frac{1}{8}$ tsp pepper
 $\frac{1}{3}$ cup all-purpose flour
 $\frac{1}{3}$ cup grated Parmesan cheese
2 to 3 Tbsp butter

Some markets may sell sliced turkey breast. The alternative is to buy a half a turkey breast and slice off what you need for this recipe. The remainder of the breast can be roasted or poached to be used in sandwiches, casseroles, or salads. Place meat between two sheets of waxed paper or plastic wrap and pound $\frac{1}{4}$ -inch thick with smooth side of mallet. Mix together lemon juice, oil, salt, and pepper. Place pounded turkey in a shallow pan (or plastic bag) and pour over lemon juice mixture; cover and refrigerate at least 30 minutes or as long as overnight. Drain liquid from turkey. Mix together flour and Parmesan cheese; coat turkey generously with mixture and shake off excess. Heat two tablespoons of butter in a wide frying pan over medium high heat. Quickly cook turkey slices until lightly browned on both sides (3 to 5 minutes per side), adding more butter if needed.

Mary's variation:

I have made turkey schnitzel before I found this recipe. I didn't use Parmesan and just marinated the meat in milk for about a half an hour. Pat meat not quite dry, dredge in flour, then egg, then dried bread crumbs. I would use a combination of oil and butter to fry it and went for a little darker brown than is indicated here. This sure beats the price of veal and we think it's every bit as good.

Basic recipe from an old Sunset book, *Cooking for Two*.

In honor of Wes I am sending along my prize-winning chilli recipe. It has a couple things to recommend it (other than being delicious): Wes liked it, and it has been collected by the Chiliheads on the WWW...so I'm either famous or notorious.

I've got bazillions of recipes for chilli (some are called "chilli" only by courtesy) but here's the way I make it (my default bowl of red) for myself.

- 5 pounds beef
- 2 pounds lean pork
- 3 large onions
- 2 bell peppers
- 6 ancho peppers, seeded
- 7 whole chili (red) peppers
- 4 tsp Kraft beef base (no more - this is very salty)
- 2 medium bay leaves
- 2 cans old El Paso chopped green chiles
- 2 large tomatoes, blanched, peeled, seeded, and diced finely (1/4-inch pieces)
- 46 oz V8 or house-brand veggie juice
- 4 Tbsp cilantro, or 2 Tbsp dried oregano
- 4 Tbsp garlic powder
- 1/4 cup cumin
- 1 cup strong coffee or 1 Tbsp Nescafe or Yuban instant coffee
- 2 Tbsp Hershey's cocoa
- 1 stalk of celery with leaves
- Pinch of cinnamon (use caution)
- 2 cups chili powder

I use a two-pan method for my chilli. A cast-iron 10" skillet for browning the meat and a 12" Dutch oven for cooking the brew. Put V8 juice, coffee, bay leaf, beef base, garlic, cumin and chilli powder in the Dutch oven. Bring to a boil and reduce to simmer. Stir in cocoa and let simmer.

Brown the meat in the skillet and transfer to chilli pot as it is ready. Stir into the liquid as you add the meat. Cut base from celery stalk and cut into 3-inch pieces. Peel and quarter onions. Crumble ancho into blender. Add onion and celery to fill blender loosely. Add enough hot water to let blender work easily and operate until all ingredients are chopped fine. Repeat until all onion and celery is chopped, pouring results into the chilli pot. Add chopped green chiles and whole chili peppers, stir, and let simmer, stirring just often enough to prevent sticking.

Seed, de-stem, and de-vein the bell peppers and dice to ¼-inch. Add peppers and tomato chunks to brew. Let simmer for 30 minutes more. If mixture is getting too thick add some beef broth or V8 juice (your choice.) Sample for taste. If not fiery enough for your taste add red (cayenne) pepper using caution...that is, use small quantities and let the chilli simmer for a few minutes before you re-sample for 'heat.' It is very easy to get a brew that's too hot for any sane person to eat if you get too free with the red pepper. If you feel that the mix needs more cumin or garlic add some during this time. Once again, use care. We're looking for a delicate balance here and it's easy to overload. Begin fishing the bay leaves and whole chili peppers from the pot as they surface while you're stirring. This is a courtesy to your guests but not totally necessary. Just remember that a guest who bites into a red pepper may never trust your cooking again.

Cook chilli until you think it's done. Five minutes before you remove it from the fire, stir in the pinch of cinnamon. The cinnamon will blend the flavors in the chilli and smooth off any rough edges. It will *not* add a cinnamon flavor to your pot, unless you get too much. 1/8 teaspoon is safe.

If you must have beans with your chilli heat them in a separate pot and mix them in the serving bowls. I recommend Brooks Chili Hot, Bush's HOT Chili, or Lady Lee Chili Beans. The brands will not alter substantially

the flavor of your pot of chilli. Kidney beans, on the other hand, will chill things out and add a "different" flavor.

Notes:

- You can substitute Swanson's or College Inn beef broth for the Kraft beef base. Use a low-salt variety if you find it too salty.
- For the chilli powder, I've used Mexene, Chilli Man, Golden Age, Pocohantas, and Kraft with good results.
- About the meat: Sometimes I use ground meat ("Chef's Grind" or coarse ground if I can get it; sometimes I get frisky and dice the meat by hand to ¼-inch cubes. If you are ambitious and dice the meat do a partial freeze on it first. This will stiffen the meat and make it much easier to work with.
- The pork is not essential. It's just that I happen to like it. If, for whatever reason (dietary restrictions, allergies, etc.) you choose not to use anything but beef, increase the amount of beef by the amount of pork left out.
- you can use Baker's chocolate or a Hershey bar in place of the cocoa. This will give you a sweet batch of chilli. I prefer not to sweeten my chilli so I use cocoa powder.

Developed, tested, and served by Uncle Dirty Dave's Kitchen. Prizes won, too. Try it; unless you're weird, you'll like it.

Uncle Dirty Dave's
Red Pork Chilli

Dave Drum

2 to 3 pounds fresh picnic shoulder, in ½-inch cubes
½ cup water
¼ tsp garlic granules
Salt and pepper to taste
1 large onion, chopped
2 tsp chilli powder
1 can Brooks tomato sauce for chilli
¼ tsp ground coriander

1 small can Old El Paso chopped green chiles
2 medium bell peppers - cut in strips or diced coarse
½ tsp cumin

In a well-seasoned 10- or 12-inch cast iron skillet heat the salt, pepper, and garlic. Add the meat and stir around until all sides of the cubes are grey. Add the half-cup of water and continue to stir until all water is absorbed or cooked away. Let the meat fry in its own fat until it starts to brown. Add chopped onion and cook a few minutes longer. Add tomato sauce, chiles, pepper, coriander, cumin, chilli powder and more salt if needed. Reduce heat to simmer and cook, covered, 30 minutes or until meat is tender, stirring occasionally. Serve with Spanish rice or Cajun rice. Serves 4 to 6.

Very Best Monkeyed-Up
Lobster Dish

Michael Loo

Per serving:

1 medium or ½ large lobster
1 shallot, sliced
3 morels, halved (regular mushrooms will do)
Butter
1 oz white wine
1 Tbsp Bourbon (Cognac will do)
1 oz heavy cream (or more)
Salt

Steam 1 lobster per person over sea water. The really big ones (2+ lb.) aren't done as soon as they turn red - let them cook a couple more minutes beyond that; little lobsters are ready as soon as they turn red.

Have an assistant remove the claw meat (keep whole) and whatever knuckle meat and roe can be found while you take the tails and either halve them lengthwise or cut them through the shell into slices (depending on their size).

Heat a big knob of butter in a big saucepan and toss the tail pieces in the hot butter for a minute. Remove the tails to a hot platter. Dump the shallots and mushrooms in the same butter and toss for a minute; then remove them to the same platter. While the butter is still hot, add white wine and Bourbon (or Cognac); let cook down for 15 seconds or so and then add cream, slowly and keeping the heat high. While your assistant arranges the tails on individual plates, with the claws and maybe some watercress or parsley as garnish, keep an eye on the sauce as it thickens. When the sauce is thick, add a little salt if you need it and dump in the shallots, mushrooms, roe, and knuckle meat. Pour sauce over lobster tails and serve at once.

Save the tomalley for: *Tomalley croustades*. Fry rounds from a baguette or other very thin loaf in butter until they just begin to turn golden. Drain on paper towels. When they are cool, spread them with lobster tomalley mixed with heavy cream to make a thick paste. You may grate a tiny bit of Gruyere or other Swiss-style cheese over each one. Put under the broiler for a few seconds until the tops bubble.

Sylvia Steiger's comments, 1994: I used Vidalias instead of shallots, plain mushrooms instead of morels, sherry instead of bourbon (didn't have any bourbon, but I should have just left it out), and light cream instead of heavy cream. I was also puzzled by his "waiting for it to thicken" comment, since there was no thickening agent. I stirred for a while, it didn't thicken, I added a little cornstarch-in-water, presto! I served it over toasted French bread, since there was so much winey-tasting sauce. But it was rich and delicious enough to keep me satisfied for months.

Michael's subsequent comment, 1996: The substitutions are okay except for the light cream. If you use light cream, the dish goes from sinful indulgence to minor transgression; also, you will have to thicken artificially, the way she did.

Very Hot Cajun Sauce for Beef

Danial Mannen

- ¾ cup chopped onions
- ½ cup chopped green bell peppers
- ¼ cup chopped celery
- ¼ cup vegetable oil
- ¼ cup plus 1 Tbsp all purpose flour
- ¼ tsp cayenne pepper
- ½ tsp white pepper
- ½ tsp black pepper
- 2 bay leaves
- 1 to 2 Tbsp minced jalapeno peppers
- 1 tsp minced garlic
- 3 cups beef stock

This sauce is excellent with Cajun Meat Loaf, Roast Beef, pot roast or sandwiches. Make extra and keep in refrigerator or freezer. Fresh jalapenos are preferred. The original recipe calls for ¼ cup jalapenos and ¾ teaspoon cayenne pepper. We have toned the recipe down to our tastes -- and we like spicy food!

Combine the onions, bell peppers and celery in a small bowl and set aside while you start the roux.

The roux used in this recipe is light brown. Therefore, the oil is not heated as much as would be done for a dark roux such as you would use in gumbo.

In a heavy 2 quart saucepan heat the oil over medium low heat to about 250 degrees. With a metal whisk, whisk in the flour a little at a time until smooth. Continue cooking, whisking constantly, until roux is light brown, about 2 to 3 minutes. Be careful not to let the roux scorch or splash on your skin. Remove from heat and with a spoon immediately stir in the vegetable mixture and the red, white and black peppers. Return pan to high heat and cook about 2 minutes, stirring constantly. Add the bay leaves, jalapeno peppers and garlic, stirring well. Continue cooking about 2 minutes, stirring constantly. We're cooking the seasonings and vegetables in the light roux and the mixture should,

therefore, be pasty. Remove from heat. In a separate 2 quart saucepan, bring the stock to a boil. Add the roux mixture by spoonfuls to the boiling stock, stirring until dissolved between each addition. Bring mixture to a boil, then reduce heat to a simmer and cook until the sauce reduces to 3 ½ cups, about 15 minutes. Skim any oil from the top and serve immediately.

Adapted from *Chef Paul Prudhomme's Louisiana Kitchen*.

Wesley and Kathy's
World-Famous Killer Four-Star
Venison Chili

Wesley & Kathy Pitts

3 pounds finely chopped venison (cut from the neck or shoulder is preferred)
1 medium onion
4 cloves garlic
Salt to taste
¼ cup (or more) chili powder
2 Tbsp olive oil
1 Tbsp cumin
1 can (12 ounces) Texas beer
½ cup water or beef broth
1 Tbsp Mexican oregano
2 Tbsp masa or cornmeal, dissolved in ¼ cup water
1 tsp ground coriander

Sauté the meat in the oil until about half browned. Add onions and garlic and sauté until onions are tender, but not brown. Add chili powder, coriander, and cumin, and cook, stirring, for four to five minutes. Do not allow to burn. Add beer and water/broth and simmer, stirring frequently until meat is tender (about 45 minutes to an hour.) When meat is tender, stir in masa. Simmer, stirring frequently, and additional 30 minutes or so. If possible, allow chili to cool and sit for at least six hours before reheating and serving. Serves 6.

Basic Pizza Dough enough for 1 pizza*

2 cups Chili**

6 oz Mild Longhorn Cheddar cheese (grated)

¼ cup Onion (very thinly sliced)

½ Green bell pepper (chopped)

1 oz Ripe black olives, sliced

½ pound Pork sausage

9 medium-sized Mushrooms, sliced

* Pizza dough is very subjective. I won't attempt a recipe here, just make your favorite dough for one large pizza.

** NO BEANS IN THE CHILI ! if you must use canned, I recommend a 15-ounce can of Wolf Brand Chili. This will work very nicely.

Directions:

Sauté the sausage, mushrooms (stems and caps) and bell pepper until very lightly browned.

Preheat the oven to 500 degrees F.

Roll pizza dough into a pizza-like shape, and add toppings in this order:

Chili

Sausage, 'shrooms, and peppers

Olives

Onions

Cheese

Bake for 15 - 20 minutes. use a pizza stone if you have one. If you don't have one, get one!

An original recipe by Wesley Pitts

Vegetables and Vegetarian Dishes



**A well balanced meal
needs beans or peas.
Or some other vegetable
your taste to please.**

FOR THOSE *Write* IN RECIPES

Baked Peppers, Potatoes, and Onions

Diane Lazarus

- 1 to 1 ½ pounds bell peppers (red and green)
- 1 pound potatoes
- 1 large sweet onion
- ¼ cup olive oil
- Salt and pepper

Wash and clean the peppers and cut into 1 ½- to 2-inch pieces. Peel the potatoes if desired and cut them into 1-inch slices or chunks. Peel the onion and cut into chunks. Place everything in a shallow ovenproof dish and pour the oil over it. Rub the vegetables with the oil. Sprinkle with salt and lots of pepper. Bake in a preheated 425 F oven for approximately 40 - 45 minutes, or until the potatoes are tender. Serves 4.

Variations: Add sprigs of fresh rosemary or thyme and a few unpeeled garlic cloves. Try different combinations of mixed vegetables, choosing your favorites from among carrots, parsnips, celery, onions, potatoes, turnips, winter squash, celery root, and yams. Turn into a light supper by melting fontina, Monterey Jack, or mozzarella over the top.

Diane's Notes:

- I like to make this with as many varieties of vegetables as possible. My usual combination include potatoes, red or yellow peppers, zucchini, yellow squash, onions, carrots, parsnips, turnips, and mushrooms. I sprinkle liberally with seasoned salt and lots of fresh ground pepper (I use a 5-pepper blend; white, black, green, pink and Szechuan.) I top it off with fresh rosemary and thyme (if I have it).
- Though the original recipe called for a 30 minute cooking time, I've found that 40-45 minutes is more accurate.

Adapted from *Great Food Without Fuss* by Frances McCullough and Barbara Witt, pg 173-174, ISBN 0-8050-2230-9

Bobbie's Mushroom and
Spinach Fajitas

Bobbie Beers

2 Tbsp olive oil
2 portabello mushrooms, sliced
8 to 10 button mushrooms, sliced
1 green pepper, sliced in strips
3 green onions, chopped, and include the green ends
2 cloves garlic, minced
2 stalks celery, chopped
2 tsp chili powder
1 Tbsp dried parsley, or fresh cilantro
Bunch of spinach - use the whole leaves if they're
tender, otherwise rip the leaves from the stalks
Tortillas
Salsa
Guacamole
Sour cream

Sauté garlic, onion, and celery in olive oil until almost tender. Add mushrooms, green pepper and sauté a little longer. Add 2 tablespoons water, cover and cook a few minutes. Add chili powder and parsley or fresh cilantro to taste if you have it. Add spinach, replace cover, and turn off heat. While mixture is sitting, warm tortillas. I warm them a couple at a time by placing them on a small plate covered with a wet paper towel for 30 seconds in the microwave. Scoop mixture onto warm tortilla. Add salsa, guacamole, sour cream if you have them. I used salsa, trying to keep it as low-fat as possible.

Caponata

Paul Terrano

2 large Eggplants (about 2 ½ pounds total), stem ends trimmed
1 ½ cup Olive oil (not extra-virgin)
1 Onion, sliced thinly
6 Ribs of celery, cut crosswise into 1-inch pieces and blanched in boiling water for 1 min.
1 cup Green olives, pitted and chopped coarsely
½ cup Drained bottled capers

1 ½ cup Sicilian tomato sauce (recipe follows)
½ cup White-wine vinegar, or to taste
2 Tbsp Sugar
2 Tbsp Unsweetened cocoa powder if desired
¾ cup Slivered almonds, toasted lightly
Salt and Pepper to taste

Cut the eggplants into ¾-inch cubes. In a colander, toss them with a generous amount of salt, and let them drain for 1 hour. Rinse the eggplant well and pat it dry on paper towels. In a large deep skillet, heat 1 cup of the oil over high heat until but not smoking and in it fry the eggplant in small batches, stirring, for 2 to 3 minutes, or until it is golden brown and tender, transferring it as it is browned with a slotted spoon to paper towels to drain. Discard any oil remaining in the skillet, add the remaining ½ cup oil, and cook the onion over moderate heat, stirring, until it is golden. Add the celery and cook the mixture, stirring, for 1 minute. Stir in the olives, the capers, the tomato sauce, the vinegar, the sugar, and the cocoa powder and simmer the mixture for 5 minutes. Add the eggplant and simmer the mixture, stirring occasionally, for 10 minutes. Season the mixture with salt and pepper, transfer it to a wide shallow dish, and chill it, covered, overnight. Serve the caponata, sprinkled with the toasted almonds, chilled or at room temperature.

Serves 6 as a main dish, or 8 to 10 as an appetizer.

Notes by the author: The addition of cocoa, a very Baroque, Spanish touch, renders the caponata richer in color and in consistency. Because my own personal preferences run to things simple, I usually leave it out.

Sicilian Tomato Sauce:

4 pounds very ripe tomatoes, peeled, stemmed and quartered

In a heavy kettle combine the tomatoes with ½ cup water, or enough to just cover the bottom of the kettle. Bring the mixture to a boil over moderate heat, and

simmer it, covered, for 5 to 20 minutes, or until the tomatoes have softened and begin to fall apart. Transfer the tomato mixture to a large fine sieve set over a bowl and let it drain until it is cooled to room temperature. Discard the liquid in the bowl and force the tomato mixture through a food mill fitted with the medium disk into a bowl. Makes 3 cups.

Adapted by Paul Terrano from *Gourmet Magazine*, September 1989, pg 192

Garlic Mashed Potatoes

Lisa Greenwood

1 large head garlic, split in half horizontally
1 tsp oil
6 russet potatoes
1 or 2 sweet potatoes
2 Tbsp margarine
Potato cooking water
Salt to taste
Pepper to taste
Chives to taste

Preheat oven to 350. Drizzle garlic with oil. Cover tightly with foil and bake for 30-40 minutes. Let cool, then squeeze out garlic (this can be done way in advance).

Peel and slice potatoes, cover with water and bring to a boil. Cook 20 minutes until fork tender. Drain, reserving water. Mash potatoes with margarine and garlic, adding enough potato water back in to bring it to the desired consistency. Add salt, pepper and chives to taste.

Use any left-over gravy (made from seasoned, thickened vegetable stock, leftover potato water, peels from the potatoes and peels from the garlic) as a basis for the next pot of soup stock.

Here's a recipe I have tried and liked several times. I left the brand names in place, although I ignore them when using the recipe. I usually double the recipe and pressure can most of it.

½ pound GOYA dry black beans
¼ cup GOYA olive oil
1 large onion, chopped
1 jar (4 oz.) GOYA pimientos
GOYA salt to taste
2 Tbsp LA VIN (A brand of cooking wine)
1/8 tsp GOYA oregano
½ Tbsp sugar

Soak beans in 4 cups cold water for 1 hour. Drain. Gently cook beans in 4 cups water until tender. Add more hot water if necessary. Drain beans, reserving liquid. Sauté onion in hot oil, add pimientos and continue cooking for a few seconds. Pour in beans and season with salt, wine, oregano, and sugar. Simmer over medium heat until creamy. Add bean liquid or water if necessary. Serves 4 to 6.

Source: Recipe was printed on a bag of GOYA Frijoles Negros (Black Turtle Soup Beans).

Comments by Robert:

- "Until tender" takes about 2½ hours.
 - Since I'm on a very low sodium diet, I use a white wine instead of the cooking wine (cooking wine has salt added), and use a salt substitute instead of the salt. I prefer salt substitutes that aren't bitter; these all seem to have tricalcium phosphate on the ingredients list, in addition to the usual potassium chloride.
 - This recipe can be pressure canned - 75 minutes at 10 pounds for pint and smaller jars, hot pack, 1 inch headspace, after cooking as usual.
-

Jambalaya

Lisa Greenwood

- 1 ½ cup onions, finely chopped
- 1 ½ cup green peppers, finely chopped
- 1 ½ cup celery, finely chopped
- 3 cups assorted vegetables of your choice such as -
carrots, zucchini, and corn
- 2 bay leaves
- 1 tsp salt, or to taste
- 1 tsp thyme
- 2 tsp oregano
- ½ tsp cayenne pepper
- ½ tsp Tobasco, or to taste
- 2 tsp garlic powder
- 1 can (15 oz) tomato sauce (reserve 1 cup)
- 2 cups converted instant brown rice
- 3 cups liquid (see directions)

Sauté vegetables in 1 Tbsp oil. Sauté until lightly softened. Add seasonings and continue cooking for 5 minutes, stirring frequently. Add the reserved 1 cup of tomato sauce, and the rice. Mix well. Cook 5 minutes.

Add liquid. I use the rest of the canned tomato sauce, mixed with enough water to measure 3 cups. You can use vegetable stock, water, the tomato sauce with water, leftover vegetable juice from canned vegetables, potato or bean cooking water, etc. Bring to a boil. Reduce heat, cover pot, and simmer 20 minutes.



Lentil & Greens Khoreshe

Karen Mintzias

- 1 large Onion, finely chopped
- 1/3 cup Oil
- 1 tsp Turmeric
- 2 ½ cups Water
- ¼ cup Lemon or lime juice
- Salt and freshly ground black pepper to taste
- 8 Green onions; chopped
- ½ pound Spinach leaves, coarsely chopped
- ¼ pound fresh Parsley, chopped
- 2 oz fresh cilantro, chopped
- 2 oz Tareh or garlic chives, chopped
- 1 cup Brown lentils, rinsed

A 'khoreshe' is a sauce-like main dish, to be served with rice. 'Tareh' resembles leeks, but much smaller, and has a garlic flavor.

In a heavy pan, brown the onion in oil over medium heat, stirring frequently. Add turmeric and fry for another minute or so. Add remaining ingredients, stir, and cover. Decrease heat to low and let simmer until lentils are tender, about 40 minutes. Adjust seasonings if necessary and serve khoreshe with the best quality of rice you can obtain; basmati is what I recommend. Wholemeal flatbread is nice also, especially for dipping into the khoreshe. Serves 4.

Variation: Substitute ½ pound of fresh or frozen fava beans for the lentils. Decrease water to 1 ½ cups.

Copyright 1995 Karen Mintzias



Lima Bean and Pea
Casserole

Michael Hackmann

1 package (16 oz) frozen lima beans
1 package (16 oz) frozen peas
2 Tbsp butter or margarine
3 onions, sliced ¼-inch thick
1 cup fresh sliced mushrooms
1 can (10 ¾ oz) mushroom soup
1 pint whipping cream (don't substitute something else)
2 Tbsp dill weed
Parmesan cheese

Cook beans and peas for five minutes, drain. Sauté onion and mushrooms in margarine. Mix everything together, stir in dill weed. Put into greased casserole. Top with cheese. Bake at 350 F for 20 to 25 minutes.

I usually microwave the peas and beans instead of cooking them in water. This is a typical German way of serving lima beans with dill.

Adapted from a recipe by Elfreda Adler in the *Tice United Methodist Church Cookbook*.

Mock Tuna Salad
(Chickpeas/garbanzos)

Iris Grayson

1 can (15 oz.) chickpeas/garbanzos, drained
1 rib celery; finely chopped
1 medium carrot, grated (optional)
1 green onion, finely chopped
2 tsp eggless mayonnaise
1 Tbsp sweet pickle relish
¼ tsp salt (optional)

Mash the chickpeas with a fork or potato masher. Leave some chunks. Add the celery, carrot, green onion, mayonnaise, and relish. Add salt to taste. Serve on whole wheat bread or in pita bread with lettuce and sliced tomatoes. Serves 4.

For a fat-free version, substitute 2 teaspoons of mustard for the 2 teaspoons of mayonnaise.

This comes from *Food for Life* by Neal Barnard, MD.
Enjoy!!!

Mushroom Sandwiches

John Hartman

1 lb cleaned whole morels (*Morchella esculenta*)
1/8 pound butter (not margarine)
2 cups flour
2 eggs
1/2 tsp salt
1/8 tsp pepper
1/4 cup milk

Wash morels and pat dry. Large mushrooms may be cut lengthwise; Beat eggs, salt, pepper, and milk together. Place flour in a large flat bowl. Melt butter in a skillet and keep at low heat.

Dip morels into egg, salt, pepper, and milk mixture. When covered, roll mushrooms in the flour to coat.

Place mushrooms in skillet and sauté until the morels are golden brown. Remove when cooked and drain on paper towels, or if you like the butter, place mushrooms on plain white bread and make a sandwich.

NOTE: This is the first way I ever ate morels, over 40 years ago, and is still one of my favorites. Morels lend themselves well for this treatment. Of course, I've never eaten a bad morel. Living for years in Northeast Central Indiana, it is interesting to note that the name "morel" is unknown by many. It is called the "sponge mush-a-roon."

Nacho Cheese Potato Slices

Sharon Stevens

- 4-6 medium potatoes, peeled, and sliced
- 1 large onion, chopped
- 1 green pepper, chopped
- 1 bunch green onions, chopped
- 1 cup barbecue sauce
- 1 cup water
- 1 tsp garlic powder
- 1 tsp parsley flakes
- 4 Tbsp taco seasoning
- ¼ tsp black pepper
- 2 cups grated cheese (cheddar, mozzarella, or combination of)

Peel and slice potatoes. Line cookie sheet with tin foil. Spray foil with non-stick spray (Pam) In large bowl, combine potatoes, green onions, green peppers and white onions. Pour onto foil lined pan. In same bowl, mix barbecue sauce, water, and dry spices. Pour over top of potatoes. Bake in 400F oven for 45 minutes. Turn and separate to ensure even cooking. Bake an additional 10 minutes or so. (Baking time depends on how thick you slice the spuds) Sprinkle grated cheese on top of cooked potatoes, and continue cooking until cheese has melted and the edges become crispy. Let sit for about 4-5 minutes before serving to allow the cheese to set up a bit.

Origin: Adaptation from another recipe



- 1 pound spinach, stemmed and washed (still wet)
- 1 clove garlic, minced
- 2 Tbsp olive oil
- Salt and pepper to taste

Tear the larger leaves in two. Wash well to get rid of any grit (there should still be quite a lot of water clinging to the leaves.)

Heat the olive oil in a large covered frying pan. When the oil is hot, toss in a clove or two of the minced garlic, and then the spinach. Cover and occasionally pick up the pan and shake it as if with popcorn. Do this for three or four minutes and the spinach will be wilted, tender, and well-seasoned (you can add some salt and pepper if you wish.) Serve immediately.

Tabouli

Bobbie Beers

- 1 cup Tabouli mix
- ¼ cup olive oil
- 1 cup cold water
- 1 tomato, finely chopped

Place cup of Tabouli mix in bowl. Add olive oil, cold water, and tomato. Refrigerate for ½ to 1 hour to absorb water and blend flavors together.

Serve on a bed of lettuce with your choice of garnishes, such as chopped black olives, cucumber slices, radishes, and fresh parsley. Serves 2 to 3 people.

Bobbie's Notes:

- Tabouli is a traditional Middle Eastern Salad made from bulgur wheat - wheat which has been precooked, cracked and dried. Thus it needs no further cooking, making it an ideal dish for warm summer days or when time is at a premium.

Fantastic Foods' Tabouli Mix is easily and quickly prepared.

- I use the juice of one whole lemon, but you may not like it that "lemony". I also squeeze the lemon juice into the cup that I will use to measure the one cup of water, then fill it up with cold water to measure the one cup.

Tabouli

Michael Hackmann

Combine:

1 cup bulgur wheat (available in health food stores)
1 ½ cup boiling water
1 tsp salt

Let stand for 20 minutes.

Add:

2 cloves of garlic, peeled and smashed, but still in one pieces
¼ cup lemon or lime juice
½ tsp dried peppermint leaf, or 1 Tbsp fresh chopped mint
¼ cup olive oil

Mix lightly with a fork. Refrigerate at least three hours, or overnight.

Immediately before serving, remove the cloves of garlic and mix in:

1 cup chopped fresh parsley
½ cup chopped scallions
2 medium tomatoes, chopped
Black pepper to taste
1 cucumber, peeled and chopped

Adapted from *Moosewood Cookbook* by Andrew Bishop.

Turnip, White Bean and Sage
Puree with Lemon

Diane Lazarus

1 cup dried small white beans, soaked and drained
5 cups warm water
1 small onion, peeled and stuck with 1 whole clove
1 small whole turnip, peeled
1 small carrot
1 small stalk celery
1 lg whole garlic clove
1 small red whole dried chile
5 sprigs parsley
1 small bay leaf
2 Tbsp lemon juice
2 tsp lemon peel, minced
6 medium sage leaves, minced, plus a few extra for
garnish
¼ cup olive oil
¼ cup red onion(s), minced
Salt and pepper to taste

Put beans in a deep saucepan or Dutch oven along with water, onion, turnip, carrot, celery and garlic. Tie chile, parsley and bay leaf together in a cheesecloth bag and add to the pot. Bring to a boil, cover and lower the heat. Simmer for 40-60 minutes or until the beans are very soft. Remove and discard onion, carrot, celery, and cheesecloth bag. Drain beans, saving the turnip and the garlic. Puree the beans, turnip and garlic in a food processor until smooth. Transfer mixture to a bowl and add the lemon juice, lemon peel, sage, olive oil and red onion. Taste for salt and pepper. Serve at room temperature with an additional sage leaf for garnish if desired. Use as a dip or as a side dish. Makes 2½ cups.

Diane's Note: this has become my signature dish to take anywhere.

From: *The Versatile Grain and the Elegant Bean* by
Sheryl and Mel London, ISBN 0-671-76106-4, pg 481

Veggie Burger

Rebecca Kissel

1 cup cooked brown rice
1 cup dried mushrooms, soaked in $\frac{1}{4}$ cup warm water
 $\frac{1}{2}$ cup chopped onion
 $\frac{1}{4}$ cup plus 2 Tbsp bread crumbs
 $\frac{1}{4}$ cup sunflower or sesame seeds
2 eggs, beaten (for vegans use 2 Tbsp soy flour mixed with 2 Tbsp water)
2 tsp sesame oil
1 minced garlic clove
1 $\frac{1}{4}$ tsp soy sauce
 $\frac{3}{4}$ tsp ground coriander
 $\frac{1}{2}$ tsp each salt and pepper

Preheat broiler. In medium bowl combine all ingredients. Shape mixture into 4 equal patties and broil about 5 minutes on each side, until browned.



Bread



"Breathes there a wife with soul so dead;
Who to her husband has never said:
'This is my own real, home made bread' "

FOR THOSE *Write* IN RECIPES

Basic Breadmaking:
Lesson 1 - History

Wesley Pitts

Food historians tell us that "bread" was first discovered on a supermarket shelf in Rye, New York, in the mid 1950's. Named for the city of its discovery, it was called "Rye Bread". A different flavor of bread was found about the same time in White Plains, N.Y...called "White Plains Bread", the name was eventually shortened to "White Bread" which is what we call it to this very day. Other types of bread appeared in Whole Wheat, Kansas; Sourdough, Alaska; Pumpernickel, Germany, and various cities in France.

Modern store-bought bread, as we know it today, is generally cut into "slices"...this development came about because someone discovered that it was difficult to insert a whole loaf of bread into a toaster. This gave rise to the popular expression "That's the neatest thing since sliced bread!"

"Toasted" bread is a fairly recent development, originating, of course, in Texas in the 1970's. Texas Toast is regular toast with a thyroid problem. The French picked up on this idea and ran with it, but, as we all know, French Toast isn't really toast at all, but what can you expect from a nation that eats garden slugs for dinner?

"Bread" has always been associated with poverty. Poor folks. Hence we have the phrases "I knead dough"... "I want more bread"...etc....

Well, let's cut to the chase...this ol' cowboy is going to teach all y'all who don't own breadmakin' machines, how to make a perfect loaf of home-made bread. We're gonna start out with the BASICS and then we'll get fancy. Go buy some flour and some yeast, that's all y'all need for the next lesson.

.....

Basic Breadmaking:
Lesson 2 - Bread 101

Wesley Pitts

(In which the neophytes make their first REAL loaf of bread).

Y'all still with me, li'l buckaroos? Okay, here we go...just remember, it's not the finished product that counts (yet), it's the fact that we're all a'havin' a little fun here. And we're gonna get our hands a li'l messy in the process, but after it's all done, y'all can thumb your nose at all them Yuppies with their fancy-dan Porches and Well-Built bread makin' gadgets.

If the bread turns out OK, well, go ahead and serve it, and if something goes wrong, well, the dawg might eat it. If Fido or Rex turns up his nose, you better go back to lesson one, or join the water-cooking echo.

Remember, the ol' Cowboy is right here with you, and I'm gonna be makin' a loaf of bread right along with you, so read this 'un real slow.....do what I do, when I tell you to do it, you'll be OK. Trust me.

Step One: Go wash the dishes.

OK, while I'm doing the dishes, this is a real good time for you to go check your pantry, just to make sure you have everything we're gonna need...you need flour and yeast. Easy as that. I'm assuming you have some water handy. For now, "all-purpose" flour will work. We'll get fancy later. Yeast? I'd use one package of Fleishmann's (you know, the stuff that comes in the yellow and red package)...now's your chance to run to the 7-11...hurry!

[One hour later]

Dishes are done. Never said I was fast...

Here's what I want you to do...this recipe will make ONE loaf of bread...once we get this down pat, we'll worry about making two or three at a time...

Put THREE cups of flour, your package of yeast, and 1 ¼ cups of warm tap water into a mixing bowl. By warm, I mean 110 - 130 degrees F. Normal warm tap water should be about 110 degrees. This'll work. Now, take a mixer, and mix this goop SLOWLY for about three minutes. It should start to look like something we're gonna call "dough". This is where it starts to get fun. At this point, I'm gonna allow you to add more flour/water to your mixture until YOU feel it's right. Oh, the joys of baking!! (Don't get carried away here, Gomer!)

Now we have to "knead" the dough. This is a VERY important step, no short-cuts allowed here! Trust me! To "knead" is to bang, crash, beat to a pulp, mutilate, pretend it's your mother-in-law, smash, and otherwise do really nasty things to your mess. Do NOT take a second less than ten minutes doing this. I could give you a technical explanation of what you're doing here, breaking down the gluten, etc., but it's more fun if you pretend that the dough is Mike Tyson and you're the challenger. Feel free to add a little more flour to the dough (and your hands) at this point. If the dough is sticking to your hands/fingers, you need more flour. Add it JUST A LITTLE BIT AT A TIME until it feels right. You'll know when it's right. Trust me.

The next part's real easy. Cover your mess with a towel, in a fairly warm place (75-85 F) and let those li'l yeastie-thingies do their thing. That's what we hired 'em for. This should take about an hour or so, and in an hour, your original mess should be about twice it's original size. Boy, Howdy, ain't Nature Grand? What's happening here is the li'l boy yeastie-thingies are getting together with the li'l girl yeastie thingies and, well, this is a family cookbook, so let's leave it at that. They're doing their job. 'Nuff said.

[Another hour passes as the yeast orgy continues]

Woof!! Those li'l suckers are really gettin' it on, aren't they? By now, your dough should be about twice what you started with. Here comes the neat part...PUNCH IT DOWN!!! Really...beat the heck outta that

sucker...punch all those air bubbles out, flatten that baby!

Now, guess what? Those li'l yeasty-babes are still in a partyin' mood, so we're gonna let 'em play for another HOUR! Yup. Cover 'em up with a towel (they're really modest) and let 'em party in a warm place for about another hour. The Monster from Hell is gonna double in size again!

[Another hour passes...slowly...]

OK, that's enough. If we let it go too long, it would take over the Universe.

Put this puppy in about a 5" x 9" greased baking pan at about 400 degrees F for 25-35 minutes. It'll be done when you "thump" it and it sounds kinda hollow.

For record-keeping purposes, I need to know the following:

Did you try the instructions in Bread 101? (*circle one*: Y N)

Are you still alive after eating Bread 101? (*circle one*: Y N)

Basic Breadmaking:
Lesson 3

Wesley Pitts

3 cups all-purpose flour
1 envelope yeast
1 ¼ cup water

Hello once again, all you li'l ol' bread-makers! Ready for lesson three? First, let's review the basic recipe:

Mix, knead, let rise, punch down, let rise, bake.

Hopefully you've tried a couple of loaves of this and are fairly comfortable with the technique. Now, try this: To the basic recipe, add one teaspoon of salt, 1 ½ tablespoons of sugar, 1 egg, and substitute milk for water. After the second rise, just before you pop it in the oven, sprinkle some dill seed or sesame seed on top. An important note here is do *not* "guesstimate" the sugar

and/or salt. You can get away with this when making chili or squid, but NOT when baking.

Now it's starting to look and taste a little more like bread.

Note that home-made bread will NOT "keep" for longer than a day or so before it becomes hard as a rock. This is normal, and is why our forefathers had recipes for such neat stuff as bread pudding, bread crumbs, etc. It's also interesting to note that the basic recipe makes a KILLER pizza dough, if you're into home-made pizza. I'll leave the add-ons as an exercise for the student, as no two people can ever agree on what makes a good pizza topping.

You shouldn't have had any problems so far.

Basic Breadmaking:
Lesson 4

Wesley Pitts

3 cups all-purpose flour
1 envelope yeast
1 ¼ cup liquid (water or milk...milk recommended)
1 Egg (optional - adding an egg not only adds extra flavor and nutrition, it also softens the crust and gives the interior a finer crumb.
1 tsp salt (optional but recommended)
1 Tbsp Sugar (optional but recommended)

(In Which We Get a Little Fancy)

First, let's review the basic recipe for one loaf of "plain" white bread:

Mix about three minutes until dough does not stick to floured fingers. Knead for no less than 10 minutes; cover with towel and let it rise in a warm (75 - 80 F) place for about an hour, or until it has about doubled in size; punch it down; let it rest about 15 minutes; place in greased bread pan; cover; let it rise about another hour; bake at 400 degrees for 25 to 30 minutes or until it

sounds "hollow" when thumped; remove from pan; let cool.

To make two loaves, simply double everything EXCEPT the yeast.

Now, for a couple of variations on a theme:

Rye bread: instead of 3 cups of all-purpose flour, use 2 cups of all-purpose and 1 cup of rye flour (available at a health food store)...add 2 tablespoons of caraway seed to the dough...use buttermilk instead of plain milk or water...add 1/3 cup of light molasses to the dough...omit the sugar...the egg is still optional...instead of baking in a bread pan, shape into a round ball and bake on a lightly greased cookie sheet. Reduce the baking temperature to 350 degrees...baking time may be 5 - 10 minutes longer...(One loaf).

Whole wheat bread: Increase sugar to 1½ tablespoons...use 1½ cups of all-purpose flour and 2 cups of whole-wheat flour...use milk instead of water...add ¼ cup of butter or margarine...add ½ cup molasses...the egg is still optional. The method is the same except the baking time may be 5 - 10 minutes longer.

For the above two variations, do NOT be tempted to use ALL rye flour or ALL whole-wheat flour. Those flours do not have enough gluten in them for proper rising action, so you MUST use some all-purpose flour, otherwise your finished product will be very heavy and close textured.

For high-altitude baking (above 5,000 feet), use half the yeast. Yeast dough rises faster at high altitudes.

A "perfect" loaf of bread should:

- Have a well-browned, evenly rounded top
- Have a soft and moist interior, easily pulled apart
- Have a uniform color

- Have an even texture -- holes are small and uniform in size from top to bottom

To keep bread fresh, wrap each cooled loaf in foil or plastic wrap, or seal in a plastic bag; store in a cool, dry cupboard or bread box. Bread may be stored in the refrigerator but it goes stale more quickly. Bread keeps in the freezer for up to 3 months if tightly wrapped in foil, heavy-duty plastic wrap, or freezer wrap, or sealed in plastic bags. Always make sure to press out as much air as possible.

Well, that's about it, li'l buckaroos. Don't be afraid to experiment! Add raisins, nuts, cheese, finely diced and lightly sautéed onions, or anything else you can think of to the dough. Add green food coloring for St. Patrick's day! Add a squid or two...play around with using different liquids...a friend of mine recently told me she was baking a cake and ran out of milk, so she substituted baby formula...said it was the best cake she'd ever made! Play around with different shapes...knots, pinwheels, crescents, rolls, etc. Use your imagination! Make a heart-shaped loaf of bread for Valentine's day or a birthday! Tell us about your successes, give your not-so-valiant efforts to Fido. The main thing is to HAVE FUN and ENJOY!!

Apricot White Chocolate Scones

Jeanette Cole

2 cups all-purpose flour
 1/3 cup granulated sugar
 2 Tbsp brown sugar
 2 tsp baking powder
 1/2 tsp salt
 1/4 cup butter, chilled
 1/2 cup heavy (whipping) cream
 1 large egg
 1 1/2 tsp vanilla
 6 ounces white chocolate (chopped)
 1 cup finely chopped dried apricots

Preheat oven to 375 F. In a large bowl, stir together the flour, sugar, baking powder, and salt. Cut the butter into ½-inch cubes and distribute them over the flour mixture. With a pastry blender or two knives used scissors fashion, cut in the butter until the mixture resembles coarse crumbs. In a small bowl, stir together the cream, egg, and vanilla. Add the cream mixture to the flour mixture and knead until combined. Knead in the white chocolate and apricots.

First method: With lightly floured hands and a floured work surface, pat to a thickness of 5/8 inch. Cut circles in the dough with a biscuit cutter. Gather the scraps of dough together and repeat until all the dough is used.

Second method: Roll dough into a thick roll (about 2 inches in diameter) and slice 5/8 inch thick.

Bake scones on an ungreased baking sheet 15 to 20 minutes (try 17 minutes) or until lightly browned on top. Place baking sheet on wire rack for 5 minutes, then transfer scones to wire rack to cool. Serve warm, or cool completely and store in an airtight container. makes 8 or 9 large scones. I usually get about 16, especially for a garage sale!

You can use Nestles Treasures white chocolate chips, but you may also use Nestles Alpine White Chocolate with Almonds bar, smashed into pieces. If using the almond bar, use almond extract in place of half of the vanilla extract.

The scones are best while still warm but unlike most scones, they are good until they have disappeared. The cold ones are wonderful as coffee dunkers.

I got the basic recipe from the cooking echo a few years back. The scones are VERY good. I am a bit famous for these and have numerous "scone stories." I am always asked for the recipe or requested to bake them for special occasions. I baked and sold them at our garage sale. People returned for more scones and the recipe.

For best results use butter. I like the soft dried apricots, not the ones in the raisin etc. section of the grocery store. The apricots sold in the Bulk Food Department are excellent and much cheaper.

Banana Nut Bread or Muffins

Carolene Weber

¾ cup butter
1-¾ cups sugar
3 whole eggs
1 egg yolk
5 large ripe bananas, peeled and mashed
3½ cups flour
1½ tsp salt
1 Tbsp plus 1 tsp baking powder
½ cup walnuts, chopped

Preheat oven to 350 degrees. Butter two loaf pans or 18 muffin cups.

Cream the butter and sugar together in a large bowl. Beat in the eggs, one at a time, creaming well after each addition. Mix the mashed bananas into the egg mixture. At this point the batter will appear to "break" and become soupy. Sift all the dry ingredients together and add them to the egg mixture. Mix gently to combine. Add the walnuts. Pour the batter into the prepared pans. Bake the bread at 350 degrees for 50-60 minutes, or the muffins for 25-30 minutes, or until a toothpick inserted in the center comes out clean. Makes two loaves, or 18 muffins.

Bananas were introduced to America by a New England sea captain, Lorenzo Baker of Wellfleet, Mass. He first brought back only one bunch of green bananas from Jamaica, but they were so well received that he eventually gave up seafaring and went into the banana business full time.

From: *The Red Lion Inn Cookbook*, Boston

Cinnamon Twist Bread

Henry Kasten

6 oz buttermilk or powder
3 Tbsp honey
1 egg
2 Tbsp butter
½ tsp ground cinnamon
2¼ cups bread flour
1 Tbsp sugar
½ tsp salt
2 tsp yeast

Put all the ingredients in the pan. Start the bread machine. Cover a bread board with plastic wrap and dust with flour. When the machine stops kneading, remove the dough from the container with your hands, leaving the bread pan in place in your machine and close the lid.

Place dough on floured board. Dust top of dough and your hands with flour. Pat dough into a 6"x 10" rectangle. Combine 2 teaspoons cinnamon and 1 tsp. sugar. Spoon mixture in three long rows, down the dough. Roll dough into a fat cylinder, left to right, then fold it in, half twisting the ends together. Place the dough, ends down, back in the bread machine, close the lid and continue the cycle. Be sure to keep the machine closed while you are putting the cinnamon on so any heat in the machine stays in. Work as quickly as possible because the machine still ticks off the time while you're doing it.

This makes a delicious and attractive loaf. A delightfully sweet, soft and light loaf. You will love it for breakfast warm or toasted. Don't let the instructions scare you away. It really is easy and worth the small effort.



Cranberry-Orange Loaf

Leslea Brodie

1 cup cranberries
1 $\frac{3}{4}$ cup flour
1 cup sugar
1 $\frac{1}{2}$ tsp baking powder
1 $\frac{1}{2}$ tsp baking soda
 $\frac{1}{2}$ tsp salt
1 egg
 $\frac{3}{4}$ cup orange juice concentrate
 $\frac{1}{4}$ cup vegetable oil

Coarsely chop cranberries.

Mix dry ingredients, stir in cranberries. Mix liquids together, then add to dry, beat for about a half minute (batter will be lumpy). Pour into greased loaf pan. Bake at 350 degrees for 60 - 65 minutes, or until a toothpick inserted in the middle comes out clean.

Easy Pancakes

Gord Hannah

1 cup flour
1 Tbsp baking powder
1 tsp salt
1 Tbsp sugar
1 Tbsp oil
1 egg
1 cup milk or water

Sift Dry ingredients together, in a separate bowl blend well wet ingredients. Mix wet and dry together till quite smooth. Grill on a very lightly oiled, medium hot griddle or fry pan till sides are have lost there sheen; turn over and grill till golden brown.

Serve with your favourite syrup or topping. Makes seven to twelve pancakes, but can be adjusted easily for the number of people you are feeding.

Ever-Ready Made Muffins

April Bowman-Fox

1 box Fruit & Fiber cereal - raisins, dates, walnuts
5 cups all-purpose flour
3 cups sugar
1 Tbsp plus 2 tsp baking soda
2 tsp salt
4 eggs, beaten
1 qt buttermilk
1 cup vegetable oil

Combine the first five ingredients in a large bowl. Make a well and add eggs, oil, and buttermilk. Stir just enough to moisten. Fill muffin pans half full and bake at 375 degrees for 15-18 minutes. This recipe makes 5-6 dozen muffins. The batter can be stored in a covered container in the refrigerator for up to 6 weeks. Although the recipe calls for the raisin/date/walnut Fruit & Fiber, we prefer the peach/almond variety.

From Marion Harmon & Beth Zimmerman in *Food of Dreams*, by the Committee for the Restoration of Elm Street Field, Milo, ME.

Low Fat Zucchini Bread Version 2

Larry and Joell Abbott

4 egg whites
2 Tbsp oil
½ cup sugar
½ cup applesauce
1 tsp lemon extract
½ tsp orange extract
2 cups zucchini, grated
¼ cup slivered almonds
2½ cups all-purpose flour
¾ tsp salt
½ tsp cinnamon
2 tsp baking powder
¼ tsp ginger
1 tsp baking soda

Beat eggs, add oil and sugar. Beat well. add flavourings and zucchini. Mix dry ingredients together, stir in wet ingredients, mixing well. Bake in a lightly oil-sprayed loaf pan at 350 F for one hour. Make one loaf or 12 muffins.

Note: For an even lower-fat recipe, delete the almonds...but they really make this a special muffin, so use them if you can.

Mango Bread

Mermaid

2 cups mango (marinated with lemon juice)
2 cup flour
1 tsp cinnamon
1 tsp baking soda
½ tsp salt
1 cup sugar
3 eggs, beaten
¾ cup oil

In a small bowl, sift together flour, cinnamon, baking soda, salt, and sugar. In a large bowl put eggs and oil, mix in mango and fold into dry ingredients. Bake 350 for 45 min. to 1 hr. Makes 2 loaves. One cup of raisins and nuts may be added as an option.

Maple Walnut Bread

Jim Bodle

2 tsp yeast
1 Tbsp butter
1 tsp salt
½ cup maple syrup, warm
¼ cup walnuts (ground)
3 cups bread flour
2 Tbsp dry milk
1 Tbsp sugar
5/8 cup water, warm

Shell $\frac{1}{4}$ cup walnuts (about 6 or 7). Grind up in a blender. Warm maple syrup in a microwave 30 seconds. Put all ingredients in Hitachi Bread Machine and set bread color for "light". Now start the regular bread cycle and that's it.

For the Welbilt/DAK machine, use $\frac{7}{8}$ cup of water for a 1 $\frac{1}{2}$ -pound loaf and the Zojirushi machine, add 1 tablespoon more water.

For the Welbilt/DAK machine, use $\frac{5}{8}$ cup water for the 1 pound loaf and the Zojirushi machine, add 1 tablespoon more water.

This adaptation comes from the book *Bread Machine Magic Book of Helpful Hints*, by Linda Rehberg and Lois Conway, ISBN 0-312-09759.

Cookies, Cakes, and Desserts



The Rhubarb Tart Song

by John Cleese

I want another slice of rhubarb tart.
I want another lovely slice.
I'm not disparaging the blueberry pie
But rhubarb tart is oh so very nice.
A rhubarb what? A rhubarb tart!
A whatbarb tart? A rhubarb tart!
I want another slice of rhubarb tart!

The principles of modern philosophy
Were postulated by Descartes.
Discarding everything he wasn't certain of
He said 'I think therefore I am a rhubarb tart.'
A rhubarb what? A rhubarb tart!
A Rene who? Rene Descartes!
Poor nut he thought he was a rhubarb tart!

Read all the existentialist philosophers,
Like Schopenhauer and Jean-Paul Sartre.
Even Martin Heidegger agrees on one thing:
Eternal happiness is rhubarb tart.
A rhubarb what? A rhubarb tart!
A Jean-Paul who? A Jean-Paul Sartre!
Eternal happiness is rhubarb tart.

A rhubarb tart has fascinated all the poets.
Especially the immortal bard.
He caused Richard the Third to call on Bosworth Field:
'My kingdom for a slice of rhubarb tart!'
A rhubarb what? A rhubarb bard!
Immortal what? Immortal tart!
As rhymes go that is really pretty bard!

1 ½ cups sugar
1 ½ cups butter, softened
2 eggs
2 Tbsp vanilla extract
4 cups all-purpose flour
1 tsp salt
1 tsp baking soda
1 tsp cream of tartar

In a mixing bowl combine sugar and butter, beat until creamy. Add eggs and vanilla, beat well. Stir together dry ingredients; gradually add to creamed mixture until completely blended. Chill for 30 minutes. Form balls and roll in sugar and press down on greased cookie sheet. Or, on a lightly floured surface, roll dough to a ¼-inch thickness and cut with cookie cutters dipped in flour.

Bake at 350 F for 10 to 12 minutes. Cool on wire rack. Ice cookies with frosting, if desired.

Frosting:

1 ½ cups confectioner's sugar
3 Tbsp butter, softened
1 Tbsp vanilla extract
1 Tbsp milk
Food coloring
Colored sugar

Combine sugar, butter, vanilla and milk, beat until creamy. Thin with additional milk to desired spreading consistency if necessary. Add a few drops of food coloring if desired. Spread over cookies and decorate with colored sugar.

Apple Crisp

Carolene Weber

4 cups apples
1 Tbsp brown sugar
1 tsp cinnamon
1 cup flour
1 cup sugar
2 tsp baking powder
1 egg

Slice apples thin, sprinkle with brown sugar and cinnamon. Mix thoroughly flour, sugar and baking powder. Stir in egg to dry mix until crumbly and then pour over apples. Bake in 350 to 400 degree oven about 45-60 minutes. Serve hot or cold with cream. (Put butter over crunch before baking)

Apple Walnut Cake and Cream Cheese Glaze

Teri Chesser

1 cup butter or margarine, softened
2 cups granulated sugar
2 large eggs
1 Tbsp vanilla extract
2 cups sifted cake flour
1 tsp baking powder
 $\frac{1}{4}$ tsp salt
8 oz sour cream
1 cup finely chopped apple
1 cup finely chopped walnuts
2 Tbsp brown sugar
 $\frac{1}{2}$ tsp ground cinnamon

Beat butter at medium speed with an electric mixer until creamy; gradually add 2 cups sugar, beating well. Add eggs, one at a time, beating after each addition. Stir in vanilla.

Combine flour, baking powder, and salt. Add flour mixture to butter mixture alternately with sour cream, beginning and ending with flour mixture. Mix at low

speed after each addition, just until blended. Pour half of the batter into a greased and floured 12-cup Bunt pan. Combine finely chopped apple and next three ingredients; spoon over batter in pan, leaving a ½-inch border around the center and outer edges. Add remaining batter. Bake at 350 F for 50 to 55 minutes or until a wooden pick inserted in the center of the cake comes clean. Cool in pan 10 minutes on a wire rack. Remove from pan, cool completely on a wire rack.

Drizzle with Cream Cheese Glaze. Store in refrigerator.

Cream Cheese Glaze:

1 package (3 oz) cream cheese, soft
2 to 2½ tsp milk
1 tsp vanilla extract
Dash of salt
1½ cup sifted powdered sugar.

Beat cream cheese at medium speed with an electric mixer until fluffy. add milk, vanilla, and salt; beat until smooth. Add powdered sugar gradually, beating until smooth.

Originally from *Southern Living* magazine, sometime in Fall, 1993

Apricot Angel Brownies

Dottie Therriault

2 bars (2 oz. ea.) white baking chocolate
1/3 cup butter or margarine
½ cup packed brown sugar
2 eggs, beaten
¼ tsp vanilla extract
¾ cup all-purpose flour
½ tsp baking powder
¼ tsp salt
1 cup finely chopped dried apricots
¼ cup sliced almonds
¼ cup flaked coconut

In a saucepan, melt chocolate and butter over low heat, stirring constantly until all the chocolate is melted. Remove from heat; stir in brown sugar, eggs and vanilla until blended. Set aside. In a bowl, combine flour, baking powder and salt. Stir in chocolate mixture. Combine apricots, almonds and coconut; stir half into the batter. Pour into a greased 9-in square baking pan. Sprinkle remaining apricot mixture on top. Bake at 350F for 25 minutes or until golden brown. Cool. 16 Servings.

Source: Country Woman J/F '94

April Fool's Pizza Pie

Dan Klepach

Crust:

1 ¼ cups flour
2 tsp baking powder
¼ tsp salt
½ cup nonfat or low-fat cottage cheese
1/3 cup sugar
3 Tbsp vegetable oil (Canola oil preferred)
2 Tbsp low-fat milk
1 ½ tsp vanilla
1 Tbsp (approximately) cornmeal for preparing pan.

In a small bowl, whisk flour, baking powder and salt. In a food processor, puree cottage cheese. Add sugar, oil, milk and vanilla and process until smooth. Add the dry ingredients and pulse 4 to 5 times, just until the dough clumps together. turn out onto a lightly floured work surface and press the dough into a ball. Knead several times, but do not overwork. Dust with flour, wrap in plastic wrap and refrigerate for at least 15 minutes while you prepare toppings.

Toppings:

½ cup Raspberry Marinara Sauce
1 cup diced pineapple
1 kiwi fruit, peeled and diced
¼ cup dried strawberries or cranberries

2½ tsp sugar
1 block (2 oz) white chocolate

Set oven rack at lowest position; heat oven to 400 F. Spray a 12-inch pizza pan or large baking sheet with nonstick cooking spray. Sprinkle with cornmeal, shaking off excess.

On a lightly floured work surface, roll the dough flat into a 12-inch disk about ¼-inch thick. Roll the dough back over the rolling pin and transfer to the prepared pan or baking sheet. Finish the edges by turning under. To glaze the border, brush it very lightly with a little milk and sprinkle with ½ tsp of the sugar.

Spread the crust with Raspberry Marinara Sauce and scatter pineapple, kiwi and dried berries on top. Sprinkle with sugar. Bake until the crust is golden and crisp, about 20 minutes.

While the pizza is baking, gently warm white chocolate in the microwave at 30 percent power until slightly softened, but not melted, 20 to 40 seconds. Then grate the softened chocolate on a vegetable grater. If chocolate breaks into fine shreds rather than large ones, continue to microwave, checking every ten seconds.

Remove the pizza from the oven and immediately sprinkle the grated white chocolate over the top; let stand until melted. Cut the pizza into wedges and serve hot or at room temperature. Makes one 12-inch pie for 8 servings.

Raspberry Marinara Sauce:

1 package (12 oz) unsweetened frozen raspberries (3 cups), thawed
¼ cup sugar
2 tsp fresh lemon juice
1 tsp balsamic vinegar

In a food processor, puree raspberries, sugar, lemon juice and balsamic vinegar until smooth. Strain through

a fine sieve into a bowl. The sauce can be stored, covered, in the refrigerator for up to 4 days or frozen for longer storage. Makes about 1 ½ cups.

This recipe is also a good, all-purpose dessert topping.

From Patsy Jamieson, *Eating Well* magazine.

**Aunt Cissie's Banana
Cream Pudding**

Dottie Theriault

1 cup sugar
3 Tbsp cornstarch
2 cup milk, scalded
2 eggs, separated
½ tsp vanilla
Bananas
Vanilla wafers

Put sugar, cornstarch, salt and 1-¾ cups of milk in heavy sauce pan. Cook until firm. Add egg yolks to remaining ¼ cup of milk and mix well together. Add to hot mixture. Cook until eggs are done. Add vanilla. Pour over crumbled vanilla wafers and sliced bananas. Cover with whole cookies. Cool and serve.

Note: You have to stir this all the time it is cooking. This can be doubled if you want.

Awesome Cheesecake

Leslea Brodie

16 oz cream cheese
1 pint (500 ml) sour cream
5 eggs
1 cup sugar
3 Tbsp lemon juice
1 tsp vanilla (or almond) extract

Cream the cream cheese, then add the ingredients in the order given- one at a time. Beat well on med-high for 10

minutes. Pour into a spring form pan on top of a graham wafer crust. Bake at 325 degree oven for one hour, then turn off the oven, do not open the door for one hour (except if you have a self-cleaning oven, you will need to open the door just a little, and prop it open for the hour (I find a folded paper grocery bag is the right size). This will let it cool gradually and reduce cracking on the top.

Remove from oven, and put the cake into the fridge (after it cools) for about 8 hours.

Top with fruit- cherry pie filling, fresh or frozen strawberries, etc., then with a dollop of whipped cream.

Instead of the flavoring and lemon juice, I sometimes cut my lemon juice in half and add either Bailey's: or chocolate syrup: or almond flavoring and amaretto. Garnishing can be done with melted chocolate drizzled over the top, or melting enough chocolate to make a cover, or chocolate curls, and then adding some whipped cream.

Barney Googles - A Cookie Bar

Paul Terrano

1 cup all purpose flour
1 tsp baking powder
½ cup butter
pinch salt
2 eggs
1 Tbsp milk
3 Tbsp melted butter
2 Tbsp cream
¾ cup sugar
2 cup grated coconut (or one 7 oz. package)
1 20 oz can of crushed pineapple, well drained

Beat one egg with the milk. Combine it with flour, baking powder, butter and salt as in making a pie crust. Press this mixture into the bottom of a 9" square pan. Drain the pineapple and spread it evenly on top of the flour mixture. Beat the remaining egg and mix it with

melted butter, cream, sugar and coconut. Spread the coconut mixture over the pineapple. Bake at 375 F for 30 minutes or until the coconut is light brown. Cut into bars when cool.

Source: Madeline A. Hanson

Bird's Nest Pudding

Chris Fernald

½ tsp butter
6 tart apples (about 2 pounds), Granny Smith are good
1 cup brown sugar
½ tsp ground nutmeg
3 eggs
1 cup milk
1 tsp maple flavoring
1 cup flour
1 tsp cream of tartar
½ tsp baking powder
½ tsp salt
½ cup powdered sugar
1 pint heavy cream

Butter the baking dish. Peel and core the apples and place them in the dish. Fill the holes with brown sugar, pressing slightly, and sprinkle half the nutmeg on top. Place in preheated 350 F oven to start baking while you prepare the batter.

Separate the eggs, putting the yolks in the larger bowl and whites on the platter. Beat whites with a fork or whisk until they are no longer slipping from the tilted platter. Beat the yolks until they change color; stir in milk and maple flavoring. In a smaller bowl, mix flour, cream of tartar, baking powder, salt and any remaining brown sugar. Stir this mixture quickly into the liquid. Fold the egg whites into this thin batter.

Pour the batter evenly over and around the partly-cooked apples and return dish to the oven, baking until the crust is browned (45 minutes to one hour.)

While the pudding bakes, stir powdered sugar and remaining nutmeg into a pitcher of heavy cream. Take the finished pudding directly to the table before it "falls" and turn each serving onto a plate so the apple is nested in the "fluffy crust". Pass the pitcher of sweetened cream. Makes six individual servings.

From *The Little House Cookbook*.

Carrot Cake

Carol Bryant

2 cups flour
2 cups sugar
2 tsp baking soda
2 tsp cinnamon
1 tsp salt
1 cup salad oil or applesauce
4 eggs
3 cups carrots, shredded
1 tsp vanilla
1 cup nuts, chopped (optional)
8 oz crushed pineapple, drained

Preheat oven to 350.

Sift dry ingredients together. Add the oil and eggs one at a time. Beat until thoroughly mixed. Add carrots and vanilla. Mix well. Pour into greased and floured 9 x 13 inch pan, and bake for 45 minutes.

Carol's notes:

- Better with 1 cup applesauce instead of oil.
- Substitute one cup whole wheat for white flour.
- Try adding a handful of raisins.
- It's even better the second day.

Frost with cream cheese frosting.

Charlotte Russe

Bert Quillin

1 Tbsp gelatin
½ cup cold milk
1 pint cream, whipped
1 egg white, beaten until dry
Pinch of salt
Vanilla to taste
Sweeten to taste

First soak the gelatin in the cold milk for 20 minutes. Place cup with gelatin in a dish of hot water. When dissolved and somewhat cooler, stir into the cream mixture. Have ready a dish lined with ladyfingers and pour the mixture in. Put some ladyfingers on top with bits of candied cherries. Serve in summer with fresh fruit and in winter with canned peaches.

Chocolate Cheesecake

Alison Meyer

1 ½ cups graham cracker crumbs
5 Tbsp melted butter
¼ cup sugar
2 pounds cream cheese, room temperature
½ cup nonfat yogurt
2 eggs
½ cup powdered sugar
6 oz chocolate chips
3 Tbsp butter
2 Tbsp cocoa powder
4 ½ tsp vanilla

Mix together the graham cracker crumbs, sugar, and melted butter. Press into the bottom and a third of the way up the sides of a 9-inch springform pan. Refrigerate for an hour or more.

Preheat oven to 300 F. Cream together the cream cheese, the yogurt, eggs, then add the sugar. In a saucepan, melt the chocolate and butter together and let

cool slightly. Add the cocoa to the cheese mixture then slowly add the melted chocolate. Beat until smooth, then add vanilla. Pour filling onto chilled shell and bake for one hour. Remove from oven when center is set and cool on a rack for two hours before placing in the refrigerator. Refrigerate for at least 12 hours before serving. Serves 12.

Chocolate Torte

Chris Fernald

- 1 package (2-layer size) chocolate cake mix
- 2 packages (4 oz each) Baker's German sweet chocolate
- $\frac{3}{4}$ cups softened butter
- $\frac{1}{2}$ cup chopped, toasted almonds
- 1 container (8 oz) "Cool Whip" non-dairy whipped topping, thawed

Prepare cake mix as directed on package. Bake in two greased and floured nine-inch round layer pans. Cool. Split layers horizontally. Melt $1\frac{1}{2}$ packages of the chocolate in a saucepan over low heat. Cool, then beat in butter. Add almonds. Make chocolate curls from remaining chocolate. Spread one cake layer with half the chocolate mixture; top with second layer and spread with half the whipped topping. Repeat layers; garnish with chocolate curls. Chill an hour before serving.

Chris' comments:

Brand names were given in the original recipe, which is from Kraft Foods' *Baker's German's Sweet Chocolate* dessert pamphlet. The whipped topping can probably be substituted, but I would not recommend substituting the chocolate, because it has it's own unique flavor.

Fat for greasing
200 g all-purpose flour
1.25 ml salt
10 ml mixed spice
200 g caster sugar
6 eggs, beaten
60 ml brandy
100 g glace cherries, chopped
50 g preserved ginger
50 g walnuts, chopped
200 g currants
200 g sultanas
150 g seedless raisins
75 g mixed peel, cut up

This is a traditional recipe for a rich fruit cake as made in Britain.

A very rich cake which does not usually appeal to children who prefer their cake to be lighter and sweeter. Adults, on the other hand, will "wolf" it down.

The cake, once made, will keep for months if sealed in paper and then in an airtight tin. My Grandfather pierced the surface of the cake, once it was fully cooled, with a knitting pin. He would then pour a little brandy over the surface and then re-seal the cake back into its storage tin.

Line and grease an 8-inch (20 cm) cake tin. use doubled greaseproof paper and tie a strip of brown paper around the outside. Preheat the oven to 160 C / 325 F.

Sift the flour, salt and spice into a bowl. Cream the butter and sugar in a mixing bowl until light and fluffy. Beat in the eggs and brandy a little at a time, adding a little flour if the mix starts to curdle. Add cherries, ginger, and walnuts. Stir in dried fruit, peel and flour mixture. Spoon into the prepared tin and make a slight hollow in the centre. Bake for 45 minutes, then reduce

temperature to 150 C / 300 F and bake for another hour. Reduce the temperature again to 140 C / 275 F and continue cooking for 45 to 60 minutes until cooked through and firm to the touch. Cool in the tin. Cover the cake with almond paste (marzipan) and hard icing.

Important notes for Americans:

- Cooking time is almost 3 hours in total.
- "Sultanas" are better known in the US as "golden raisins."
- "Caster sugar" is a type which is a little finer than granulated sugar. It dissolves a little faster.
- "Greaseproof paper" may be more familiar as "baking parchment."
- The wrapping of brown parcel paper around the outside of the tin is very important. It prevents the cake forming a dry crust during the prolonged cooking. Several layers should be wrapped around neatly and tied in place.

Coconut Kisses

Mermaid

3 cups grated coconut
1 cup brown sugar
4 Tbsp butter
3 Tbsp flour
4 egg yolks
¼ tsp salt
1 tsp vanilla

Mix together and make firm balls. Bake at 350 F for 30-40 minutes.



Date Pinwheels
(Great Grandmother's Recipe)

Ruth Hanschka

½ cup soft butter
½ cup light brown sugar, packed
½ cup granulated sugar
1/8 tsp. salt
½ tsp. vanilla
1 egg
2 cups sifted flour
¼ tsp baking soda

Cream butter. Add sugars, salt, vanilla, and egg. Beat until light. Add sifted dry ingredients and mix well. Chill until firm enough to roll.

Halve dough; roll each half into a 9x12" rectangle. Spread with filling. Roll up tightly from end. Wrap in [waxed] paper [or plastic wrap] and chill overnight. Or, freeze for easier slicing. Slice 1/8" thick.

Bake on lightly greased cookie sheets in moderate oven (350F) about 10 minutes. Store in AIRTIGHT CONTAINER. [her emphasis].

Filling:

Cut 7¼ [or 8 oz.] ounces pitted dates into small pieces. Bring to boil with ¼ cup sugar, dash salt, and 1/3 cup water. Simmer 5 minutes, stirring often. Add 1/3 cup chopped nuts and cool. Makes 6 dozen; the pinwheels can be frozen.

Ruth's notes:

This recipe has been in my grandmother's family for at least a century. It's a rolled cookie that's a pain to make, but definitely worth the work. In my house you have to stand guard over the cookies as they cool, otherwise they vanish!

I roll mine in between two sheets of plastic wrap, as it makes things much easier. Then, to fill, just peel one sheet off. When the filling is on, you just pick up one

end of the plastic and start the end rolling. That part's easy; it's the rest that's a PITA. Grandma's always came out round; mine are generally ovals, more or less. I guess 60+ years of experience baking the things has its uses.

Durgan Park's
Indian Pudding

Dave Sacerdote

3 cups milk
½ cup yellow cornmeal
¼ cup molasses
2 Tbsp sugar
1 Tbsp butter
1 tsp ground cinnamon
1 tsp ginger
½ tsp nutmeg
¼ tsp salt
1/8 tsp baking soda
1 large egg
Vanilla ice cream or heavy cream

Scald 2½ cups milk in heavy saucepan.

Meanwhile, place remaining ½ cup milk in small bowl and gradually whisk in cornmeal. Whisk cornmeal mixture into hot milk. Bring to boil and boil gently over low heat, whisking frequently, until thickened, about 15 minutes. Remove from heat and stir in molasses, sugar, butter, cinnamon, ginger, nutmeg, salt and baking soda. Beat egg in small bowl. Stir in a little of hot cornmeal mixture and whisk mixture back into saucepan. Pour mixture into 6 lightly oiled 1 cup ramekins and place on baking sheet. Bake at 275 F. until centers are set, 1 to 1½ hours. Cool puddings slightly. Serve warm, topped with ice cream or heavy cream. Serves 6.

Boston's Durgan Park restaurant has served this Indian Pudding for more than a century.

Eggnog Cookies

Dan Klepach

2¼ cups flour
1 tsp baking powder
½ tsp ground cinnamon
½ tsp ground nutmeg
1¼ cup granulated sugar
¾ cup butter, softened
½ cup eggnog
1 tsp vanilla extract
2 large egg yolks
1 Tbsp ground nutmeg

Preheat oven to 300 F

Combine flour, baking powder, cinnamon, and nutmeg. Mix well with wire whisk and set aside.

Cream sugar and butter with electric mixer until it forms a grainy paste. Add eggnog, vanilla and egg yolks and beat at medium speed until smooth. Add flour mixture slowly and beat at low speed until just combined - *do not overmix!*

Drop by rounded teaspoonfuls onto ungreased baking sheets about 1 inch apart, and sprinkle lightly with remaining nutmeg. Bake for 23 to 25 minutes or until bottoms turn light brown. Transfer to cool, flat surface immediately.

Everyday Cookies

Jeanette Cole

1 cup butter or margarine
1 cup granulated sugar
1 cup light brown sugar
1 cup vegetable oil (you can use less)
2 eggs
1 tsp vanilla
3½ cups all-purpose flour
1 tsp cream of tartar
1 tsp baking soda

1 tsp salt
1 cup crispy rice cereal
1 cup quick-cooking oats
1 cup shredded coconut
½ cup chopped pecans

Preheat oven to 350 F. Cream butter, sugars, and oil. Add eggs and vanilla; beat well so oil doesn't separate. Add flour mixed with cream of tartar, baking soda, and salt. Stir in rice cereal, oats, coconut, and nuts. Drop by teaspoonfuls onto ungreased cookie sheet; flatten slightly. Bake on lower shelf of oven 5 to 6 minutes.

Move to the middle of the oven and finish baking until lightly browned, about 5 minutes. Watch carefully so they don't become too brown. Remove from sheets and cool. (If a pan of cookie dough is ready to put on the lower shelf of the oven when the one already in the oven is moved to the middle shelf, baking will be speeded.) Makes 8 to 10 dozen.

Fred's Bread Pudding
with Whiskey Sauce

Fred Towner

1 loaf French bread - stale, crumbled (6-8 cups)
4 cups milk
2 cups sugar
8 Tbsp butter - melted
3 eggs
2 Tbsp vanilla
1 cup raisins
1 cup coconut - shredded
1 cup pecans - chopped
1 tsp cinnamon
1 tsp nutmeg

Combine all ingredients; mixture should be very moist, but not soupy. Pour into buttered 9 x 12 or larger baking dish. Place into non-preheated oven. Bake at 350 F for approximately 1 hour and 15 minutes, until top is golden brown. Serve warm with sauce.

Whiskey sauce:

- ½ cup butter
- 1½ cup powdered sugar
- 2 egg yolks
- ½ cup bourbon or rum (to taste)

Cream butter and sugar over medium heat until all butter is absorbed. Remove from heat and blend in egg yolk. Pour in bourbon gradually to your own taste, stirring constantly. Sauce will thicken as it cools. Serve warm over warm bread pudding.

Notes:

- For variety of sauces, just substitute your favorite fruit juice or liquor to complement your bread pudding.
- A nice variation is to use Pina Colada mix and rum.

Frozen Salad/Dessert

Bobbie Beers

- 1 bag miniature marshmallows
- 1 can crushed pineapple, with juice
- 1 glass Kraft pimento cheese
- 2 packages Dream Whip, or 1 container Cool Whip, thawed

Place marshmallows, pimento cheese, and crushed pineapple with juice in large bowl. Leave standing for several hours, stirring once in a while, until the cheese is soft and the marshmallows absorb the juice of the pineapple. Then whip both packages of Dream Whip according to directions of the packages, or just use thawed Cool Whip right out of the container. Fold whip into pimento cheese, pineapple, and marshmallow mixture (do not beat or stir too long.) Turn into a 13 x 9 x 2-inch pan, cover with aluminum foil, and freeze. May be made the day before needed. Keeps well when frozen. To serve, cut into squares and allow to thaw a little.

Bobbie's note:

I like mine frozen, especially on hot days.

Fruit Granita

Walter Hanig

2/3 cup sugar

2/3 cup water

2 cups fruit juice or 3 cups fruit puree

Mix sugar and water until sugar is completely dissolved. You can use hot water, or heat in microwave or saucepan. Cool the syrup.

Mix the fruit juice or puree with the syrup in a flat-bottomed glass or ceramic casserole. A 9 x 5 x 3 loaf pan works, as does a deep pie plate. Test the size of your container by pouring a measured amount of water into it. Besides leaving room for stirring, the container must hold either 3 cups liquid if using juice, or 4 cups if using puree. Place the container in the freezer. Of course, you've made sure you have room ahead of time. Stir the mixture after 1 hour and then every half hour or so. Your goal is to minimize the size of the ice crystals. The more surface area your container has, the faster the granita will freeze. For really fine crystals and the smoothest texture, process the mixture, after it's frozen, in a food processor. Do this in two batches. Return to freezer, as the processing will cause some melting.

Walter's notes:

- The basic formula is adapted from *Gourmet* from about 10 years ago.
 - Use whatever combination of fruits and juices you like. I generally use a mixture and add lemon or lime juice to balance the sweetness of the fruit. Good combinations include cantaloupe and lemon, grapefruit and honey tangerine, mango and lime, orange and peach. Use what's in season and what you like!
 - I've been making this dessert and palate freshener since about 1985. It's so simple to make, can be made early in the day, isn't heavy, and is always a hit. My son even makes it!
-

Giant Ginger Cookies

Pat Stockett

4 $\frac{3}{4}$ cups sifted all-purpose flour
3 tsp baking soda
 $\frac{1}{2}$ tsp salt
2 tsp cinnamon
2 tsp ginger
1 tsp powdered cloves
1 tsp mustard powder
 $\frac{1}{2}$ pound (2 sticks) butter
1 Tbsp instant coffee (I used cocoa Powder)
1 cup granulated sugar
1 cup molasses
1 extra large or jumbo egg
 $\frac{3}{4}$ cup milk
6 $\frac{1}{4}$ ounces (1 $\frac{1}{4}$ cups) currants
*I added about a cup of walnuts

Adjust two racks to divide the oven into thirds and preheat to 350 F. degrees. Cut aluminum foil to fit cookie sheets. ** (Didn't use foil)

Sift together the flour, baking soda, salt, cinnamon, ginger, cloves, and mustard and set aside. In the large bowl of an electric mixer cream the butter. Add the instant coffee and beat well. Then beat in the sugar. Add the molasses and beat until smooth. Add the egg and beat well; the mixture will look curdled--it's o.k. On low speed add the sifted dry ingredients in three additions alternately with the milk in two additions, scraping the bowl as necessary with a rubber spatula and beating only until smooth after each addition. Stir in the currants.

Use a heaping Tablespoon of the dough for each cookie. Make these extra-large, use as much dough as you can reasonably pile on the spoon. Place the cookies 2- $\frac{1}{2}$ to 3 inches apart on the cut aluminum foil, keeping the cookies as round and as even as possible. Slide cookie sheets under the foil.

Bake for 20 to 22 minutes, reversing the sheets a few times. Be careful the cookies on the bottom shelf don't burn. Bake until the tops of the cookies spring back sharply when lightly pressed.

Slide the foil off the sheet. With a wide metal spatula transfer to racks to cool. They will form steam as they cool and the steam will make the bottoms moist. To prevent that, raise the cooling racks by placing them on any right-side-up cake pans or mixing bowls. Makes 28 large cookies.

**I made a frosting with vanilla sugar and water and dipped the top of each cookie in it.

From: *Maida Heatter's Book of Great Cookies*

Helen's Cheesecake

Florence Thompson

$\frac{3}{4}$ cup pecans, coarsely ground
 $\frac{3}{4}$ cup graham cracker crumbs
3 Tbsp unsalted butter, melted
32 oz cream cheese (4 8-ounce packages), at room temperature
4 eggs
 $1\frac{1}{4}$ cup sugar
1 Tbsp fresh lemon juice
2 tsp vanilla
2 cups sour cream
 $\frac{1}{4}$ cup sugar
1 tsp vanilla
Non-stick cooking spray

Crust: Mix ground pecans, crushed graham cracker crumbs and butter together. Press onto bottom of a 9-inch or 10-inch springform pan that has been sprayed generously with non-stick spray. Set aside.

Filling: Preheat oven to 350 F. Beat cream cheese in a large bowl with an electric mixer until smooth. Add eggs, $1\frac{1}{4}$ cups sugar, lemon juice and 2 tsp vanilla. Beat

thoroughly. Spoon over crust. Set pan on baking sheet. Bake 9-inch pan for 50 to 55 minutes, or 10-inch pan for 40 to 45 minutes at 350 degrees. Remove from oven and let stand at room temperature for 15 minutes. (leave oven on.)

Topping: while cheesecake is baking, combine sour cream, $\frac{1}{4}$ cup sugar, and 1 tsp vanilla. Blend well. cover and refrigerate. once cake has stood at room temperature for 15 minutes, spread topping over. Return to oven and bake 5 minutes longer. Let cool thoroughly, then refrigerate to chill well for at least 24 hours, or preferably two to three days. Remove from pan and enjoy.

Florence's notes: This recipe was originally given to me by Pat Stockett. Pat got it from a former supervisor of hers named Helen who used to bake and sell it professionally.

Janice's Dessert

Henry and Janice Kasten

Crust:

- 1 cup chopped nuts (pecans)
- 1 stick melted oleo or butter
- 1 cup flour

Cream cheese spread:

- 8 oz softened cream cheese
- 1 cup powdered sugar
- 1 cup Cool Whip

Pudding mix:

- 1 package instant chocolate pudding
- 1 package instant vanilla pudding
- 2 cups milk

Mix nuts, melted oleo and flour. Press evenly onto bottom of 9 x 13 pan. Bake at 350 for 20 minutes until light brown. Cool thoroughly.

Mix cream cheese, powdered sugar and Cool Whip and spread over cooled crust. Mix chocolate and vanilla

pudding with milk. pour over cream cheese and spread evenly. Spread remaining Cool Whip on top. Refrigerate until ready to eat. Cut into squares and eat.

Note: Use no fat, low fat and sugar free ingredients for a delicious low calorie desert. No one will know but you! This is Janice's most frequently requested dessert. Made with low calorie stuff, it is very tasty. Not too sweet, just right.

Jeff Davis Pie

Walter Hanig

- ½ cup butter, at room temperature
- 1 cup sugar
- 1 Tbsp all-purpose flour
- 3 large eggs
- 1 cup (8 fl. oz.) heavy (whipping) cream
- ¼ tsp salt (use a little less if you've used salted butter)
- ½ tsp vanilla extract
- 1 unbaked nine-inch pie shell (see recipe below)

Preheat oven to 425 degrees.

Cream the butter and sugar together until light and fluffy. Beat in the flour, eggs, cream, salt, and vanilla. Pour into the pie shell and bake ten minutes. Lower oven temperature to 350 degrees and bake about thirty minutes longer, or until set. The pie will puff up slightly in the oven, but sink while cooling. Let cool completely before serving.

Refrigerate any leftovers (fat chance!)

Nine-inch pie crust

- 1 cup unsifted all-purpose flour
- 1/8 tsp. salt
- 2½ Tbsp unsalted butter, chilled
- 1/3 cup solid vegetable shortening, chilled
- 3 to 4 Tbsp ice water

Mix the flour and salt together in a stainless steel or glass or ceramic bowl. Cut the butter into 6 or 8 pieces.

Using a pastry blender, cut the butter into the flour until the pieces are about the size of peas. Cut the shortening in until all the pieces are the size of large meal (bread crumb). Some pieces will be larger than others; no big deal. In fact, it's desirable. Sprinkle 1 tablespoon. of ice water over the mixture. Using a fork, stir the water in to distribute it. Repeat with the second tablespoon of ice water. Scrape the mixture off the fork occasionally. Repeat with the third tablespoon of ice water. Add only enough water to get the flour/shortening mixture to come together into a ball. If it's a dry day, more water (up to 4 Tbsp total) may be needed. Flatten the ball to about $\frac{3}{4}$ inch disk; dust with flour; and refrigerate for at least one hour. Dough can be refrigerated overnight. Roll out dough and place in pie plate. (I prefer Pyrex.)

Jeff's notes:

- Ingredients list are attributed below. I've taken some liberties with the instructions.
- Pie recipe is from *The New York Times Heritage Cook Book*, by Jean Hewitt. Published by G. P. Putnam's Sons, New York. © 1972 The New York Times. Library of Congress Catalog Card Number 70-163411.
- Pie crust recipe is from *The Simple Art of Perfect Baking*, by Flo Braker. Published by William Morrow and Company, Inc. © 1985 Flo Braker. ISBN 0-688-02526-9.
- I've been making this pie since 1975. It's a baked custard type filling with a golden brown top.
- The pie crust, with the combination of butter and shortening is my favorite, though I use it only for special occasions. You can, of course use any pie crust you want!



Lemon Streusel Cake

Jeanette Cole

1 package lemon cake mix with pudding
½ cup butter
¾ cup milk
2 eggs

Filling:

¼ cup sugar
1 package (8 oz) cream cheese, softened
1 Tbsp lemon juice
1 tsp grated lemon rind

Topping:

½ cup chopped walnuts

Cut butter into cake mix until crumbly; *remove and reserve 1 cup of the mixture for topping.* To remaining mixture, add milk and eggs; beat on high with mixer for two minutes. Pour into greased and floured 13 x 9 x 2 pan. Set aside. Cream together sugar, cream cheese, lemon juice and rind; blend well. Drop by teaspoonfuls onto the batter and spread across batter to the edges of the pan. Add nuts to reserved crumb mixture; sprinkle over batter. Bake at 350 F for 30 to 35 minutes or until cake is light golden brown. Store in refrigerator. Serves 12.

This cake is good anytime, but perfect as a coffee cake for a brunch. I use lots of grated lemon peel and I use slivered almonds for the topping.

Adapted from a recipe in *Country Woman* magazine.

Lytle's Sugar Cream Pie (Modified)

Richard Cole

1½ cups sugar
1/3 cups flour (Suggest reducing to 2 Tbsp)
2 cups Whipping cream, as heavy as you can get.. The good stuff slowly slides off the spoon in globs.

A dash of salt
2 Tbsp butter
Nutmeg to taste
1 egg yolk

(Delete -- serves no purpose)

This recipe for Lytle's Sugar Cream Pie comes very close to what I have been able to glean from my MIL and others who are 'older old timers' than me feel it should be.

Combine sugar, flour and salt. Stir in heavy cream and egg yolk and mix well. Add nutmeg to taste and stir. Pour into unbaked pie shell and bake in 350 degrees. F. oven for one hour.

Slice the pie in small slivers -- one-eighths or less. We always sliced our pies on the farm in quarters -- not for wimps. This is so rich that I have never seen anyone eat a quarter size slice. I don't know if the cholesterol meter goes high enough to measure this one! Back then we didn't even know what the word was. If you are in my age group and remember this from years ago as I do you will realize that the recipe is very dependent on the character of the ingredients. The most important is the cream itself. It is almost impossible to find the kind you need to make this pie as it was intended.

Permit me to reminisce a little.

Dad usually had three to six milk cows on the farm. One of them was always a Jersey, the others anything that was handy including Herefords which provided the beef stock. The Jersey produces milk much richer than the others at the expense of volume. Modern milk cows, such as Holstein, have been bred for quantity.

The cream was allowed to rise to the top of the Jersey milk and was skimmed off for use for cooking and for making butter. The other milk was run through the DeLaval cream separator and sold. In other words we kept the 'good stuff' for our use.

Magic Caramel Pudding
(Caramelized Eagle Brand Milk)

Stephen Ceideburg

Remember awhile back there was a thread about boiling Eagle Brand Sweetened Condensed Milk in the can to caramelize it? It's popular in Mexico. I picked up a copy of *MAGIC: The most AMAZING SHORT-CUTS in cooking you ever heard of.* It's a proprietary cookbook put out in the late teens or early twenties by the Borden Company. The women all look like Betty Boop's mother, the stoves all have legs and fridges are referred to as "automatic refrigerators" and have ornate hinges and latches. Seems like way back in 1857 Gail Borden perfected the technique for canning milk and the rest is history. The book presents a series of "magic tricks" and then later has recipes that use the end results of the "tricks." anyway, one of the first things I ran across was this:

Place one or more unopened cans of Eagle Brand Sweetened Condensed Milk in a kettle of boiling water and keep at the boiling point for three hours, being careful to keep the can well covered with water. Chill thoroughly. Remove from can as follows: Warm can by immersing in hot water about one minute. Punch a hole in bottom of can, remove top with can-opener, cutting along the side, just below top edge, starting at seam. Loosen caramel from sides of can with a table knife dipped in hot water. Turn on to plate. Cut in slices with knife dipped in hot water.

NOTE: If a pressure cooker is used to caramelize the milk, use 15 pounds pressure for 50 minutes.

As I write this, I'm still savoring the first taste of the finished product. It has a rich, butterscotchy flavor and is a nice, very light tan color. The texture is like a pudding. This has definite potential! This is almost as good as chocolate! In fact, I can picture this as being part of fudge.

Mango-Pineapple-Lime Cheesecake

Bobbie Kopf

Crust:

- 1 1/3 cup ground gingersnap cookies
- 1 jar (3 1/2 oz) roasted Macadamia nuts
- 1/4 cup golden brown sugar (packed)
- 1 1/2 Tbsp chopped crystallized ginger
- 2 Tbsp unsalted butter, melted

Preheat oven to 350 F. Generously butter a 9-inch springform pan with 2 3/4-inch-high sides. Finely grind the first four ingredients in a processor. Add butter; blend until crumbs are moistened. Press mixture on bottom and 1 3/4 inches up the sides of the pan. Bake until crust is set, about eight minutes. Transfer to rack; cool. Maintain oven temperature.

Filling:

- 4 packages (8 oz. each) cream cheese
- 1 1/2 cup sugar
- 1 Tbsp minced lime peel
- 2/3 cup sour cream
- 6 Tbsp fresh lime juice
- 4 large eggs
- 1 mango, peeled, pitted, and sliced
- 3 Kiwi fruits, peeled and sliced
- 1 small pineapple, peeled, quartered, cored, and thinly sliced, and leaves reserved

Use electric mixer to beat cream cheese, sugar, and lime peel in a large bowl until light and fluffy. Beat in sour cream and lime juice. Add eggs one at a time, beating just until blended. Pour filling into crust. Bake until edges are firm but center two inches of cheesecake still moves slightly when pan is shaken (about 1 hour 20 minutes.) Transfer to rack and cool ten minutes. Run small sharp knife around pan sides to loosen cake. Cover and chill overnight.

Place mango around top edge of cake. Place kiwi, then pineapple in the center. Garnish with pineapple leaves.

From *Bon Appetit* magazine, August 1993

Mama's Rhubarb Pie

Kathryn Cone

3 Tbsp flour
1 cup sugar
1 cup water
1 egg, beaten
2 cups rhubarb, cut into small pieces
Pastry for 2-crust pie

Sift flour and sugar together, add egg, beat thoroughly and add rhubarb. Line piepan with pastry and pour in filling. Cover with top crust and bake in a very hot oven (425F) for 10 minutes. Reduce temperature to moderate (350F) and bake 35 minutes longer.

Variations:

- Arrange pastry strips into lattice design over the top instead of using top crust.
- Omit top crust, cool slightly and cover with whipped cream.

Source: Anna Chiodini Grant (Mama)

New England-Style Blueberries

Chris Fernald

1 cup sugar
2 tsp cinnamon
1 quart blueberries
12 slices white bread
4 Tbsp butter

Combine sugar and cinnamon; stir in blueberries. Add two tablespoons of water. Bring to a boil in a saucepan, set aside. Remove crusts from bread; spread with butter. Cut bread into strips; line loaf pan with strips. Alternate layers of blueberry mixture and bread strips, ending with bread strips on top. Chill overnight; garnish with whipped cream. Serves 6 to 8.

From The Illustrated Encyclopedia of American Cooking.

No Bake Goodies
(My Mom's Recipe)

Jean Ramsay

½ cup butter
2 cups sugar
½ cup milk
1 Tbsp vanilla
1 cup coconut
2 ounces unsweetened chocolate (2 squares)
1 cup walnuts
3 cups oatmeal

Melt butter and chocolate over medium heat. Add sugar and milk. Stir until all the sugar and chocolate are blended. Remove from heat and add walnuts, coconuts vanilla and oatmeal. Blend well. Drop by teaspoonfuls onto wax paper and chill.

Makes about 48

No-Crust Cheesecake

Ruth Hanschka

1 pound cottage cheese
1 pound soft cream cheese
1½ cups sugar
4 eggs
3 Tbsp cornstarch
3 Tbsp flour
2 Tbsp lemon juice
1 tsp vanilla
½ cup melted butter, cooled
2 cups sour cream

Preheat oven to 325 F

Sieve the cottage cheese into a mixer bowl. Add the cream cheese and beat with an electric mixer until well-blended and creamy.

Beat in the sugar and then the eggs. Beat in the cornstarch, flour, lemon juice, and vanilla. Beat well.

Fold in the butter and sour cream or beat in at low speed. Pour into a lightly greased springform pan and bake one hour and fifteen minutes, or until set. Turn oven heat off and let cake cool in oven three hours. Chill well. Serves 12.

Pears Baked in HONEY

Ian Hoare

12 pears
1 pound honey
Juice of one lemon
20 fl water (plus)

Preheat oven to 325 F (160 C).

Peel, halve, and core the pears, keeping them in water which you have acidulated with half the lemon juice. Dissolve the honey in the water, add the other half of the lemon juice and bring to the boil. Transfer to an oven proof dish or pan large enough to keep the pear halves in one layer.

Add the drained pear halves and bring back to the boil. Immediately transfer the dish to the oven and poach until the pears are really tender. Remove with slotted spoon, boil down cooking liquor to a syrup and pour over the pears. Leave to cool then chill. Serve with the thickest cream you can find. Serves 12.

This recipe is traditional in my family and goes back at least 300 years.



Persimmon Pudding
With Lemon Sauce

Joann Pierce

1 cup persimmon pulp
1 cup sugar
1 cup flour
1 tsp soda
1 tsp cinnamon
1 Tbsp butter
½ tsp salt
1 cup raisins or chopped dates
1 cup nuts

Beat all together, pour into two small covered casseroles (mom used to use 1 pound coffee cans). Place casseroles in large pan of water with 1½ inches of water in the bottom. Steam in oven at 350 degrees for approximately 1½ hours. Test for doneness by inserting silver knife in middle; when it comes out clean, it is done. Cool, slice and serve with lemon sauce. May be prepared ahead and frozen.

Lemon Sauce:

2 cups water
1 cup sugar
2 Tbsp corn starch
1/8 tsp salt
Grated rind and juice of 1 lemon
1 egg
1 Tbsp butter

Boil sugar and water, add salt and corn starch. Cook 2 to 3 minutes. Beat egg yolk with lemon rind and juice. Gradually stir into sugar mixture, add butter. Beat egg white until frothy, but not stiff. Beat in 3 tablespoons sugar. Fold into sauce.

Store in covered container in refrigerator. Will keep for approximately 1 week.

Source: Mom's recipe box

Pineanna Nut Cake

N. F. Miller Ortiz

3 1/3 cups cake flour
2 cups sugar
1 tsp baking soda
1 tsp salt
1 tsp ground cinnamon
1 cup vegetable oil
3 eggs, slightly beaten
2 cups chopped ripe bananas (about 4 medium)
1 cup chopped pecans
1 1/2 tsp vanilla
1 can (8oz) crushed pineapple in juice, undrained
Cream Cheese Frosting with 1/2 cup chopped Pecans

Heat oven to 350 degrees. Grease and flour 3 round pans, 9 x 1 1/2 inches. Mix flour, sugar, baking soda, salt and cinnamon in large bowl. Add oil and eggs. Stir until all dry ingredients are moistened; do not beat.

Stir in bananas, 1 cup pecans, the vanilla and pineapple. Divide batter evenly among pans.

Bake 25 to 30 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pans. Cool completely on wire racks. Fill layers and frost side and top of cake with Cream Cheese Frosting. Sprinkle 1/2 cup pecans on top of cake. Cut cake using sharp knife. Refrigerate any remaining cake. Serves 10.

Pineapple Chiffon Cake

Carolene Weber

2 1/4 cups sifted cake flour
1 1/2 cups sugar
3 tsp baking powder
1 tsp salt
1/2 cup salad oil
5 egg yolks unbeaten
3/4 cup cold water or pineapple syrup
2 tsp vanilla

½ cup well drained crushed pineapple
7 or 8 egg whites (1 cup)
½ tsp cream of tartar

Set out but do not grease a 10 x 4 tube pan. Preheat oven to 350 F.

Sift cake flour, sugar, baking powder, and salt together in a mixing bowl. Make a well in the center, and add oil, egg yolks, water or pineapple syrup, vanilla, and crushed pineapple, *in that order*. Beat with a spoon until smooth

In another large mixing bowl, measure egg whites and cream of tartar. Whip together until whites form very stiff peaks. Pour egg yolk mixture gradually over whipped whites. Gently fold in with rubber scraper until just blended.

Pour into ungreased pan and bake 65 minutes or until a knife inserted comes out clean. When cake is done invert and let hang until cold.

Icing:

Make butter icing as usual but instead of milk, use juice left from pineapple, add remaining pineapple.

Poorman's Cake

Bert Quillin

2 eggs
1 cup sugar
2 Tbsp butter
½ cup milk
1 ½ cup flour
1 Tbsp baking powder
1 tsp vanilla

Cut in butter with sugar and baking powder. Add lightly beaten eggs. Fold in flour adding milk to keep moist. Add vanilla. Bake in preheated 350 F oven until inserted toothpick comes out clean.

Frosting #1 (Boiled Frosting):

1½ cups brown sugar
1½ cups granulated sugar
1½ cups milk
2 Tbsp butter

Combine sugar and milk; bring to a boil, stirring constantly. Add butter and remove from heat. Cool until lukewarm. Beat until thick and creamy, then spread on cake.

Frosting #2:

1 tsp butter
2 Tbsp hot milk
1½ cups powdered sugar

Blend together butter and powdered sugar; stir in hot milk until smooth.

Bert's Notes: This recipe came from my maternal grandmother. It was a popular dessert during the Depression. I used to bake them for my grandparents while staying at their farm during the summer months those many years ago.

Praline Cheesecake

Bobbie Kopf

Crust:

1½ cups all-purpose flour
½ cup sugar
1 cup well-chilled, unsalted butter, cut in pieces
2 egg yolks

Preheat oven to 375 F. Grease a ten-inch springform pan. Wrap foil around outside bottom of pan, and 2 inches up the outside of the pan. Mix flour and sugar in processor or mixer. Cut in butter, using on/off pulses, until mixture resembles coarse meal.

Add yolks and mix until dough just begins to come together. Gather dough into a ball; press into bottom of

prepared pan. Bake crust until golden brown, about 20 minutes. Cool slightly. Maintain oven temperature of 375 F.

Filling:

1 cup sugar
1 cup dark corn syrup
3 eggs
1 tsp
2 cups chopped, toasted pecans (about 8 ounces)

Blend sugar, corn syrup, eggs and vanilla in processor . Mix in pecans. Pour filling over crust. Set the springform pan on a heavy baking sheet. Bake until the edges of the filling are set, but center remains soft (about 15 to 25 minutes.) Cool. Reduce oven temperature to 250 F.

Topping:

$\frac{3}{4}$ cup sugar
2 eggs (at room temperature)
1 tsp vanilla
16 ounces cream cheese, cut into pieces, at room temperature
1 cup fresh orange juice

Using processor, mix sugar, eggs, and vanilla. Gradually add cream cheese, and process until very smooth. Blend in orange juice. Pour mixture over pecan filling. Bake until top of cake is golden brown, and center remains firm when pan is moved (about 2 hours.).

IMPORTANT! Do not bake in the oven over 250 F, as this will cause the cake to become very, very, dry.

Cool completely in pan on cooling rack. Cover and refrigerate overnight. Remove foil and pan sides. Slice and serve.

Bobbie's suggested changes:

- In the filling, add $\frac{1}{4}$ cup of Captain Morgan Spiced Rum.

- In the topping, cut the orange juice to $\frac{1}{2}$ cup and add $\frac{1}{2}$ cup Captain Morgan Spiced Rum.

For a special occasion, I made a Praline sauce, to pour over sliced servings:

1 cup unsalted butter

2 cups sugar

1 large red apple, peeled, cored, and cut into large pieces

$\frac{3}{4}$ cups fresh orange juice

1 cup chopped, toasted, pecans (about 4 oz)

Melt butter in heavy, large saucepan over medium heat. Mix in sugar and apple. Cook until sauce turns caramel color. Be sure to stir continuously (about 12 to 15 minutes) so the sauce doesn't scorch. Mix in orange juice. Strain into a bowl. Allow to stand at room temperature. This can be made a day ahead of serving. At serving time, heat in microwave before using. Just before serving, mix in chopped pecans.

Pumpkin Pie

Leslea Brodie

2 eggs

$\frac{2}{3}$ cup white sugar

1 tsp cinnamon

$\frac{1}{4}$ tsp allspice

$\frac{1}{4}$ tsp nutmeg

$\frac{1}{4}$ tsp ginger

Few grains salt

$1 \frac{3}{16}$ cup prepared pumpkin

$\frac{3}{4}$ cup hot milk

Pastry for one-crust pie

To prepare pumpkin:

Remove seeds, but it's not necessary to peel. Cut into chunks, place in covered container. Bake it in the oven, microwave it, simmer on the stove or in a pressure cooker (with a little water added) until soft. Drain excess water and remove the peel. Mash well and place in a strainer to remove extra water.

Make pie crust. (The one on the Tenderflake box is good.)

Mix filling ingredients and pour into unbaked shell. Bake at 450 degrees for 10 minutes, then at 350 for 25-30 minutes (until a toothpick inserted in the center comes out clean).

Whipped cream or ice cream makes a great topping.

Quick and Easy Pumpkin Pie

Dottie Theriault

2 eggs, slightly beaten
1 can sweetened condensed milk
1 can (16 ounce) pumpkin
¼ tsp cloves
½ tsp salt
½ tsp ginger
1 tsp cinnamon
½ tsp vanilla
1 unbaked pie shell

Mix all ingredients in order given. Pour into unbaked shell. Bake in hot oven (425 F) for 15 minutes, then reduce heat to 350 degrees and bake until knife inserted in middle comes out clean.

Note: The quickest pumpkin pie recipe I know of and the texture is always creamy.

Rain's Easy Cantaloupe Sherbet Or Frozen Yogurt

Rain

1 very ripe cantaloupe, not too large, peeled and chunked
1 quart milk for sherbet
or 2 cups milk and 2 cups Dannon(only!) vanilla yogurt for frozen yogurt
2 envelopes unflavored gelatin
½ cup sugar for sherbet, or no sugar for yogurt
Salt to taste

½ to ¾ cup light corn syrup (taste as you go - some cantaloupes are sweeter than others)
Just a whiff of ginger, fresh mint, or both--be subtle

Blenderize cantaloupe with a cup of milk till smooth. In a big pan, heat but do not boil 1 cup milk and dissolve gelatin and sugar in it completely, stirring constantly. Remove from heat and stir in remaining milk and other ingredients, syrup last. Pour into a pan. Cover and freeze 3 hours, stirring occasionally. Spoon into chilled bowl and beat with electric mixer at medium speed till smooth. Try it for dessert on a hot evening after you've had a ham or veggie-and-cheese sandwich and some cold, thick tomato slices for supper.

Rhubarb Bars

Florence Thompson

1 cup brown sugar, packed
½ cup butter, softened
½ cup margarine, softened
1 ½ cups all-purpose flour
½ tsp baking soda
½ tsp salt
½ cup chopped pecans (optional)
1 ½ cup quick-cooking rolled oats
3 cups fresh rhubarb, cut into small pieces
2 cups boiling water
¼ cup cold water
2 Tbsp cornstarch
1 ½ cups granulated sugar
1 tsp vanilla

Heat oven to 375 F. Cream brown sugar, butter, and margarine. Combine flour, soda, and salt; blend into brown sugar mixture. Stir in pecans and oats. Press half of dough into 13 x 9 x 2-inch pan and set aside.

Place rhubarb in heat-proof container. Pour boiling water over the rhubarb and let it stand 10 minutes to soften. Drain and set rhubarb aside.

Combine cold water and cornstarch in saucepan. Stir in sugar and rhubarb. Heat to boiling, stirring to dissolve sugar. Cook and stir about two minutes until thick and clear. Cool slightly. Stir in vanilla. Spread filling over pastry in pan. Sprinkle remaining dough evenly over filling.

Bake 25 to 30 minutes or until light brown and bubbly. Cool and cut into bars.

Note: If you don't like the appearance of cooked rhubarb, you can add a bit a red food colouring to give it eye-appeal.

Originally from 10,000 Tastes of Minnesota

Summer Pudding

Ron Curtis

150 g caster sugar
225 g blackcurrants or blackberries
225 g ripe red plums, stoned
1 strip of lemon rind
225 g strawberries, hulled
225 g raspberries, hulled
10 slices of day-old bread

Add other fruits such as redcurrants, bilberries, etc. but keep the total fruit at about 1 kg (2.2 lbs) in weight. Bread should be day old and with all the crusts removed (fresh bread will break up into mush.) Gently heat the sugar in about 60 ml water. Stir until it's dissolved. Add the blackberries or red-currants and the lemon rind and poach until tender. Add remaining fruit (cut plums in half) and cook for a further 2 minutes. Remove the lemon rind.

Take a basin - 1.25 ltr (about a quart). Cut a circle from the bread which will fit the base of your basin. Line the base and sides of the basin leaving no gaps at all. Pour the fruit into the basin, reserving about 4 Tbsp of the juice. Top the basin with more bread slices. Cover with

a saucer or small plate which fits exactly inside the basin. Pop a weight on the saucer to press the pudding down. Leave overnight in a cool, dry place. Turn out carefully onto a serving dish. Use the juice you set aside to drizzle over any odd spots of bread that has not soaked through with syrup.

This pudding will freeze for up to three months. Thaw overnight.

Serve with whipped cream or plain, unflavored, yogurt.

This dessert will astound your guests as the delicious fruit is revealed when cut at the table. A little bit of classic cooking from Ron's Plaice in Blackpool.

A little bit about the dish:

Royal Leamington Spa, and Bath, are two "Spa towns" built during the Roman occupation of Britain which started around 55 BC and ended around 407 AD. The Romans tapped into hot or mineral springs and would use them like a club for discussing business and gossip. During the Regency period the spas were renovated and became, once again, fashionable as places of benefit for those suffering from "cramps and lethargy". Summer Pudding was originally called "Hydropathic Pudding" and it was invented for the spa visitors as it contained "neither pastry or cream" - forbidden foods at the spas. The recipe given here follows the original in using water to cook the fruits. I much prefer to substitute port, which gives it a very 'adult' bite.

Unique Apple Pie

Dave Drum

First, swipe some apples from that apple tree down the alley. A medium shopping bag should be enough. Assuming you don't get caught, scoot for home and wash the fruits of your labor. Peel, core, and slice (medium)

three cups of fruit. Put in a bowl and cover with water to prevent browning. Make the pastry.

Pastry:

In a medium-sized bowl, place 1½ cups unsifted all-purpose flour. With pastry blender or two knives, cut in 1/3 cup bacon drippings, until the mixture resembles coarse crumbs. Do not add any salt. The drippings provide plenty of salt. Add 2 to 3 tablespoons cold water and an egg yolk to flour mixture and mix lightly with a fork until moistened; gather into a ball. Wrap pastry and refrigerate 30 minutes.

Roll out pastry for a 9 or 10-inch pie pan. Butter the pie pan and place bottom layer of pastry in it. Mix ¾ cup granulated white sugar, ¼ cup light brown sugar, 1 tsp cinnamon, ¼ tsp nutmeg, and ¼ tsp allspice in a medium sized bowl. Drain apple slices and mix with the sugar/spice mix. If all the sugar/spice mix is not used up in coating apple slices, spread it over the filling after transferring fruit to the pie pan.

Moisten rim of pastry with a little water and place top crust on pie, pinching top and bottom together to seal. Cut steam vents into top crust with a sharp knife. If desired, use a pastry brush to brush egg white on top crust for a glaze. Sprinkle sugar across the crust lightly and dust lightly with cinnamon.

Bake pie at 350 to 375 F for 50 to 55 minutes or until crust is lightly browned and filling bubbles. Cool ten minutes on a wire rack before cutting. Serves 6.

Dave's note: I often fry up four slices of thick-cut slab bacon to provide the bacon drippings. Then crumble the bacon slices and mix them with the filling. Serve with a slice of sharp cheddar cheese between the top crust and the filling. This is an absolutely scrumptious pie, if I do say so.

Whipped Shortbread

Leslea Brodie

1 pound soft margarine
½ cup cornstarch
1 cup sifted icing sugar
3 cups flour
1 ¼ tsp vanilla or almond flavoring

Cream margarine. Add icing sugar and cornstarch a little at a time. Add flour gradually and beat until it until it resembles whipped cream. Drop by teaspoon onto an ungreased cookie sheet. Bake at 325 for 12-20 minutes, or until light brown on the bottom. (Golden, but not brown on top).

Delicious, melts in your mouth. Can top with a bit of candied cherry, or a nut. Makes 5 dozen.



FOR THOSE *Write* IN RECIPES

Candies and Preserves



**When canning fruit
know when to stop,
Too much in a jar
will blow its top.**

FOR THOSE *Write* IN RECIPES

Frango Mints

Sharon Stevens

12 oz chocolate
peppermint extract
½ cup margarine
1½ cup powdered sugar
2 eggs
2 tsp vanilla

Melt and cool chocolate. Cream together margarine, sugar, eggs and vanilla. Add cooled chocolate and a few drops of mint to creamed mixture. Pack into 8 inch square pan. Cool and set and cut in squares.

Gooseberry-Bergamot Jelly

John Hartman

4 quarts fresh gooseberries
3 heaping handfuls of chopped bergamot leaves
12 oz white sugar per pint juice

Wash and sort gooseberries. Place in a large enameled pot and crush berries. Add chopped bergamot leaves. Add enough water to cover and simmer until soft, then pour into a clean jelly bag. Let drip overnight.

Measure the juice and add the sugar. Stir over a low heat to dissolve the sugar, then bring to a rolling boil. Boil until jelly sheets on a spoon. Skim if a skin forms on the surface. Pour into hot sterilized jars and seal. Makes 8 half-pints.

The bergamot is not the European bergamot, but rather the North American herb, *Monarda didyma*, and related species.

Green Papaya Preserve

Mermaid

2 pounds green, peeled and seeded papaya, cut in 1 inch squares
4 cups sugar
2 Tbsp baking powder
2 cinnamon sticks, OR 1 tsp vanilla extract

Put papaya and baking powder in 2 quarts of water and soak for 1 hour. Strain, wash carefully and put in heavy kettle. Add sugar, mix and cook, covered, over low heat, for 30 minutes. This should render juice to make sauce; if not, add water. Uncover, add cinnamon or vanilla and cook over low heat, stirring occasionally, about an hour or until papayas turn golden and syrup thickens to light stage - 222 degrees F. Remove cinnamon sticks.

Nutty Chocolate Mint Fudge

Danial Mannen

1 jar (7 ounces) marshmallow cream
1½ cup sugar
2/3 cup evaporated milk
¼ cup butter
¼ tsp salt
1½ cup mint-chocolate chips (Nestles)
½ cup chopped nuts
1 tsp vanilla extract

In heavy gauge saucepan, combine marshmallow cream, sugar, evaporated milk, butter and salt. Bring to a FULL ROLLING BOIL over medium heat, stirring constantly. Remove from heat. Add Mint-Chocolate chips; stir until chips are melted and mixture is smooth. Add nuts and vanilla extract. Pour into foil-lined 8-inch square pan. Chill until firm, about 2 hours. Cut into 1-inch squares. 12 Servings.

Miscellaneous



If it calls for a pinch
don't use a dash,
Instead of dinner
You'll end up with hash.

Man: Well, what've you got?

Waitress: Well, there's egg and bacon; egg sausage and bacon; egg and spam; egg bacon and spam; egg bacon sausage and spam; spam bacon sausage and spam; spam egg spam spam bacon and spam; spam sausage spam spam bacon spam tomato and spam; spam spam spam egg and spam; spam spam spam spam spam spam baked beans spam spam spam; or Lobster Thermidor a Crevette with a mornay sauce served in a Provencale manner with shallots and aubergines garnished with truffle pate, brandy and with a fried egg on top and spam.

Wife: Have you got anything without spam?

Waitress: Well, there's spam egg sausage and spam, that's not got much spam in it....

How To Care For Your Cutting Board

Shared by Jim Bodle

Recent scientific studies by the University Of Wisconsin-Madison, Food Research Institute have concluded tests which proved that bacteria die quickly on wood, but thrive on glass and plastic cutting boards.

Three minutes after wooden cutting boards were coated with various bacteria, 99.9% of the bacteria were dead. However the same tests on plastic showed bacteria living and thriving, even after being placed in a dishwasher.

Care Of Cutting Board: After each use, scrub the board with detergent and water. DRY IMMEDIATELY! Rub a little oil such as mineral oil, vegetable oil or sunflower oil on all surfaces and put away. Mineral oil works best as it has a long lasting effect which keeps boards from drying out. Never soak your board or put it in a dishwasher.

DO NOT USE furniture oils, lemon oils, tung oil, Danish oil or Murphy's Oil soap as they may become rancid or tacky. To freshen a board, rub a citrus wedge over the surface from time to time.

Storing: Store the board on edges or ends or if stored flat, turn several times a week. This lets board breath evenly on all sides. Never store your board adjacent to a heat source.

New Boards: There are two enemies of wood, water (soaking) and drying out. If you want your boards to last years the secret is in the sealing of the end grain on the ends of the board and the end grain of juice grooves.

Use a small bottle of mineral oil (16 oz.) and a 2" x 2" square of paraffin (canning wax) or beeswax, shave it into the mineral oil. Heat the oil and wax in a microwave for 6-8 minutes until the wax dissolves into the oil. If you do not have a microwave use a double boiler. Never melt paraffin over a burner as **PARAFFIN IS FLAMMABLE**.

When in solution, apply to all board surfaces with hand or rag while warm. Take the block of paraffin or beeswax and rub it into the ends and grooves of your board. Repeat every six months or so. If you neglect your board and you notice a small crack starting on the end, fill crack with wax.

Restoring a board: An old board can be brought back to life. Wash the surface and let the water remain on the surface for 15 minutes to raise the grain. Take a single edge razor blade and pass over board surface perpendicular to the board surface, scraping with the grain to remove raised grain. This is faster than sanding and will leave the board very smooth, if it is a maple board. Seal board as above.

REMEMBER: A little soap and water to clean, wipe dry, oil frequently.

Can Equivalents

No. 300 can.....	14 to 16 ounces.....	1 $\frac{3}{4}$ cups
No. 303 can.....	16 to 17 ounces.....	2 cups
No. 2 can.....	20 ounces.....	2 $\frac{1}{2}$ cups
No. 2 $\frac{1}{2}$ can.....	29 ounces.....	3 $\frac{1}{2}$ cups
No. 10 can.....	6 $\frac{1}{2}$ pounds	12 to 13 cups

Converting Heirloom Recipes

Measuring and cooking equivalents:

Butter the size of an egg.....	¼ cup
Butter the size of a walnut	2 Tbsp
Coffee cup.....	1 cup
Dash	1 tsp
(Note that this is different from today's "dash")	
Dessert spoon.....	1 ½ tsp
Dram	¾ tsp
Drops.....	60 = ¾ tsp
Gill.....	½ cup
Lump (of butter or other fat)	2 Tbsp
Pinch	1/8 tsp
Pint of eggs	2 eggs
Pound of eggs	8 or 9 large
Quart	4 cups
Salt spoon.....	¼ tsp
Scruple	¼ oz (about ¼ Tbsp)
Teacupful.....	¾ cup
Tin cup	1 cup
Tumblerful.....	2 cups
Wineglass	½ gill, or ¼ cup
Slow oven	325 F or lower
Moderate oven	about 350 F
Fast oven	400 F or higher
Good Tablespoon	Heaping Tablespoon
Quick Boil.....	Hard boil or rolling boil
Bake Delicately.....	Bake in a slow oven
Gems	Muffins
Paste	Pie crust
Indian Meal	Cornmeal
Barrel of Rice	600 lbs
Barrel of Flour	196 lbs
Barrel of Pork	200 lbs
Firkin of Butter.....	56 lbs

Tips when converting old recipes:

Most old recipes will make far too much for modern families. Be sure to estimate the yield and halve the recipe if necessary.

In Victorian times, commercial food processors often added unwholesome fillers to their product. Many recipes calling for a prepared ingredient include a line such as, "Prepare your own, as this is so often purchased adulterated." That instruction is no longer relevant.

You may find that you have to experiment with cooking times and temperatures. Many old recipes simply assumed that you had a basic mastery of kitchen skills - how to bake biscuits, for example - and usually amount to little more than lists of ingredients.

Decrease the amount of spices in heirloom recipes if desired. Many recipes, especially those using meat and fish, often included lots of spices to cover off odors and the taste of spoilage. This is rarely a problem today. Similarly, avoid recipes which instruct you to leave perishables out overnight and then say "if there is the least sign of taint, bring to a boil and add more spice." If the recipe mentions that something is liable to spoil, you are better off not cooking it.

Today, we know that vegetables should be steamed just until tender, or cooked gently. But many old recipes recommend that fresh vegetables be first dredged in salt, then drained and hard boiled. This method would, of course, destroy not only the texture of the vegetable but also any nutritional value, and is not recommended.

When freezing was a new technology, recipes directed the cook to soak "frosted" vegetables in cold water for several hours before cooking. That is a needless step; it is far better to plunge the frozen veg into the boiling water.

Some ingredients are hard to find today because they gradually passed out of household use. Although you may be able to find some of them at pharmacies, bakery supply stores, or commercial supply houses, you must accept the fact that some ingredients will be just plain unobtainable.

Food Measurements

A fairly exhaustive list compiled by Dave Sacerdote

Almonds.....	1 oz. chopped	1/3 cup
Apples.....	1 lb.....	2½ to 3 cups diced
Apples.....	1 lb.....	1½ cups applesauce
Apricots.....	1 lb.....	2½ to 3 cups cooked
Baking Powder.....	1 oz.....	2½ tablespoons
Bananas.....	1 lb.....	2½ to 3 cups sliced
Beans (dried)	1 lb.....	2 cups
Beans (dried)	1 cup	2 cups cooked
Beans (green).....	1 lb.....	3 cups cut (uncooked)
Berries	1 pint.....	2 cups
Bread crumbs, soft	1 cup	2 slices fresh bread
Butter	1 stick.....	½ cup
Butter	½ lb.....	1 cup
Butter	1 oz.....	2 tablespoons
Cabbage.....	1 lb.....	4 cups shredded
Carrots.....	7 or 8 medium	4 cups chopped
Carrots.....	1 lb.....	2 cups cooked
Celery	1 lb.....	4 cups diced
Celery	1 stalk.....	4 tablespoons minced
Cheese (grated)	1 lb.....	4 to 4½ cups
Cottage Cheese	1 lb.....	2 cups
Cherries	1 lb.....	3 cups, stemmed & stoned
Chicken.....	3 ½ lb bird	3 cups diced meat
Chocolate	1 oz.....	1 square
Chocolate	1 oz.....	4 tablespoons grated
Cocoa.....	1 oz.....	3 tablespoons
Cocoa.....	1 lb.....	4 cups
Coconut (shredded)	1 lb.....	5 cups
Coffee (ground)	1 lb.....	5 to 5½ cups
Cornmeal	1 lb.....	3 cups
Cornmeal	6 oz.....	1 cup
Crabmeat	1 lb.....	2 cups
Cream Cheese.....	3 oz package.....	6 Tbsp
Cream, heavy	½ pint.....	2 cups whipped
Crumbs (Bread)	2 oz.....	1 cup
Crumbs (Cracker)	¾ cup	1 cup breadcrumbs
Cucumbers.....	1 lb.....	2 6-inch cukes

Dates, pitted.....	1 lb.....	2 cups
Eggs (Hard-cooked)	12	3½ cups chopped
Eggs (Whole).....	1 lb.....	10 average eggs
Eggs (Whole).....	1 egg.....	4 tablespoons
Eggs (Whites).....	10 to 12 whites.....	1 cup
Eggs (Whites).....	1 white.....	1½ Tbsp
Eggs (Yolk)	1	1 Tbsp
Eggs (Yolk)	6 to 7 yolks	½ cup
Flour (All-purpose)	1 lb.....	4 cups
Flour (Cake	1 lb.....	4½ cups
Graham crackers	9 crackers	1 cup coarse crumbs
Graham crackers	11 crackers	1 cup rolled fine
Grapefruit	1 fruit	¾ to 1 cup juice
Grapefruit	1 fruit	1 to 1¼ cup pulp
Lard	½ lb.....	1 cup, packed solid
Lemon.....	1 fruit	2 - 4 Tbsp lemon juice
Lemon.....	1 fruit	1 tsp grated rind
Lima beans in shell.....	1 lb.....	1 cup shelled & cooked
Macaroni, uncooked.....	1 cup	4 ounces
Macaroni, uncooked.....	1 cup	2¼ cups cooked
Marshmallows	16.....	¼ pound
Meat	1 lb raw	3 cups minced cooked
Meat	1 lb cooked	2 cups diced
Milk, condensed.....	1 can (14 oz).....	1¼ cups
Milk, evaporated	1 can (6 oz).....	2/3 cup
Milk, evaporated	1 can (14½ oz).....	1 2/3 cups
Noodles	1 cup raw	1½ cups cooked
Nuts.....	4 oz shelled	1 cup
Nuts.....	1 lb in shell	½ lb shelled
Onions	1 large, minced.....	½ cup
Onions	1 medium, minced	5 tablespoons
Onions	1 small, minced	3 tablespoons
Onions	1 small, chopped.....	¼ cup
Onions	1 lb.....	3 cups chopped
Oranges	1 lb.....	3 to 4 fruits
Oranges	1 lb.....	1 to 1¼ cup pulp
Orange.....	1 fruit	1 Tbsp grated rind
Orange.....	1 fruit	6 - 8 Tbsp juice
Peas, in pod.....	1 lb.....	1 - 1½ cups shelled
Peas, in pod.....	1 lb.....	1 cup cooked
Peaches.....	1 lb.....	2 to 2 ½ cup sliced
Pears	1 lb.....	2 to 2 ½ cup sliced
Pineapples.....	1 fruit	2 ½ to 3 cups diced
Plums	1 lb.....	2 cups cooked
Potatoes	1 lb.....	2 to 5 medium spuds
Potatoes	1 lb.....	2 cups mashed
Prunes	1 lb.....	4 cups cooked
Punch	4 quarts	About 40 punch cups
Raisins.....	6 oz.....	1 cup

Rhubarb.....	1 lb.....	2 cups cooked
Rice, uncooked long gr.	1 cup	3 - 4 cups cooked
Rice, uncooked	1 lb.....	6 cups cooked
Saltines.....	7 crackers	1 cup coarse crumbs
Shrimp in shell.....	1 lb.....	2 cups cooked & peeled
Spaghetti, uncooked.....	7 oz.....	4 cups cooked
Spinach.....	1 lb.....	2 to 2½ quarts raw
Spinach.....	1 lb.....	1½ cups cooked
Suet.....	1 lb.....	4 cups minced
Sugar (granulated)	½ lb.....	1 cup
Sugar (granulated)	1 oz.....	2 tablespoons
Sugar (powdered)	1 lb.....	3½ cups
Sugar (brown).....	½ lb.....	1 3/8 cup
Tea, loose	1 lb.....	5 cups (about 155 cuppas)
Tomatoes (fresh)	1 lb.....	1½ cups peeled
Vanilla wafers.....	20 cookies	1 cup coarse crumbs
Whipping cream.....	1 cup	2 cups whipped

Substitution Chart

If you're out of this...	...you can use this:
1 whole egg, for thickening or baking	2 egg yolks. Or 2 Tbsp dried whole egg plus 2½ Tbsp water
1 cup butter or margarine for shortening	7/8 cup lard plus ½ tsp salt, or 1 cup vegetable shortening plus ½ tsp salt
1 square (oz) chocolate	4 Tbsp cocoa plus ½ Tbsp fat
1 tsp double-acting baking powder	1½ tsp phosphate baking powder. Or 2 tsp tartrate baking powder
Sweet milk and baking powder, for baking	Equal amounts of sour milk plus ½ tsp soda per cup. Each half teaspoon soda with 1 cup sour milk takes the place of 2 tsp baking powder and 1 cup sweet milk
1 cup sour milk, for baking	1 cup sweet milk mixed with 1 Tbsp vinegar or lemon juice
1 cup whole milk	½ cup evaporated milk plus ½ cup water
1 cup skim milk	4 Tbsp nonfat dry milk plus 1 cup water
1 Tbsp flour, for thickening	½ Tbsp cornstarch, potato starch, rice starch, or arrowroot. Or 1 Tbsp granulated tapioca.
1 cup cake flour, for baking	7/8 cup all-purpose flour
1 cup all-purpose flour, for baking bread	Up to 1/2 cup bran, whole-wheat flour, or cornmeal plus enough flour to fill the cup.

Oven Temperature Equivalents

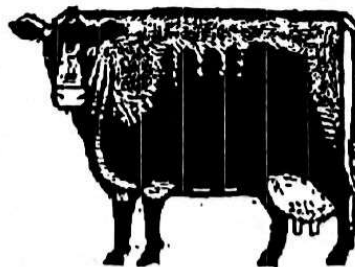
Shared by Ian Hoare

The Fahrenheit temperatures given in the chart below are exact equivalents to the UK and French Regulo settings shown. The Centigrade temperatures, however, are "functional equivalents" - they have been rounded to the nearest 5 degrees C.

Degrees Fahrenheit	Degrees Centigrade	UK Regulo	French Regulo	Traditional Name
210	100		1	Very Slow
225	110	$\frac{1}{4}$	2	Very Slow
250	120	$\frac{1}{2}$	3	Slow
275	135	1	3	Slow
300	150	2	4	Slow
325	165	3	4	V. Moderate
350	180	4	4	Moderate
375	190	5	5	Mod. Hot
400	200	6	5	Hot
425	220	7	6	Hot
450	230	8	6	Very Hot
475	245	9	6	Very Hot
500	260	10	7	
525	275		8	
550	290		9	

To convert Fahrenheit to Centigrade: Subtract 32, multiply the result by five, then divide by nine

To convert Centigrade to Fahrenheit: Multiply by nine, then divide the result by five; add 32.



Frank Pitts' Christmas Story

shared by Wesley Pitts

My Dad wrote this a few years ago - a few months after my Mom died, as a matter of fact. My sisters and I were all grown up with families of our own. I posted it last year [1994] and it was so well received that I thought I'd post it again this year for the benefit of all the "newbies" on here...and to remind us "old-timers" what Christmas is all about.

A Christmas Story

The date was December 23, 1977. The weather was lousy. It was cold with a drizzling rain, and from the looks of the sky, it was that way all over the world. Oh well, it matched my mood. I didn't have my shopping done (as usual), and I certainly didn't have the Christmas spirit, but time was getting short, and I had taken the day off to see how much I could get done to avoid the rush the next day. It was, as Willie Nelson would say, "A Bloody Mary Morning."

I started by having lunch at a place called "The Ship's Wheel". After a corned beef sandwich and a Bloody Mary, things looked somewhat brighter, but not much. I really was down, and didn't know what to do about it. The whole place was decked out in all of the traditional decorations, and somewhere out of the ceiling came some carols, and assorted seasonal songs. Bing Crosby was assuring me that all would be well with a White Christmas, but I just couldn't quite get into the mood.

As I sat there, I noticed a young boy, seven years old I found out later...idly using soda straws and his imagination to pass away some time. The manager told me that his name was Sean, that he was her son, and that he was there with her until she could get some chores done. I asked the usual questions about what he thought he was going to get for Christmas, then if he had been to see Santa Claus. "Nope, my Mama hasn't had time to take me yet." It was obvious by the look in

his eye and his small, quivering voice, that he didn't think he would get to see Santa before Christmas this year.

"Can I borrow your son for awhile?" I asked his mother, and assured her that we wouldn't be gone too long. I had just a glimmer of an idea, and all of a sudden my stock in my spirits jumped a couple of points. "First," I told Sean, "I have to stop by the space center to see a man on some business. Have you ever been there?" The reply was again negative, just didn't have the time, he explained. During this time period, it was very easy to take a guest into the Mission Control Center, and Sean was with me while I found the man I wanted to see. Then I asked if he would like to sit in an astronaut's chair. The disbelief in his eyes was plain, but when we went to the third floor, into the actual Mission Operations Control Room, with all of the space paraphernalia, and he sat in a chair labeled "CAPCOM", he was truly excited.

After a brief tour, I told him that now we're going to see Santa Claus. "I know him personally, you know, and when you talk to him today, you have the genuine thing, a direct line to whatever it is you want for Christmas. He is a very good friend of mine, and I think you'll really like him."

Once again, I think I detected a note of disbelief in his eyes. We went to a department store called "Foley's", where a former coworker (P. J. Quint, as a matter of fact) worked as Santa. At least he had in previous years, and I sure kept my fingers crossed, hoping that he would be on duty today. When we got into the long line, Santa's castle was hidden from our view, and naturally, the line moved slowly. Sean questioned me several times about whether I actually knew Santa or not, and I continued to assure him that everything would be just as I had told him. As we eased around the corner, P.J. spotted me. He jumped up, ignoring the next little girl in line, and ran over to me, throwing his arms around me like I was a long lost brother. "Frank, how in the world are you? I'll

bet it's been a year since I saw you." Sean's face was completely aglow. His eyes were very wide.

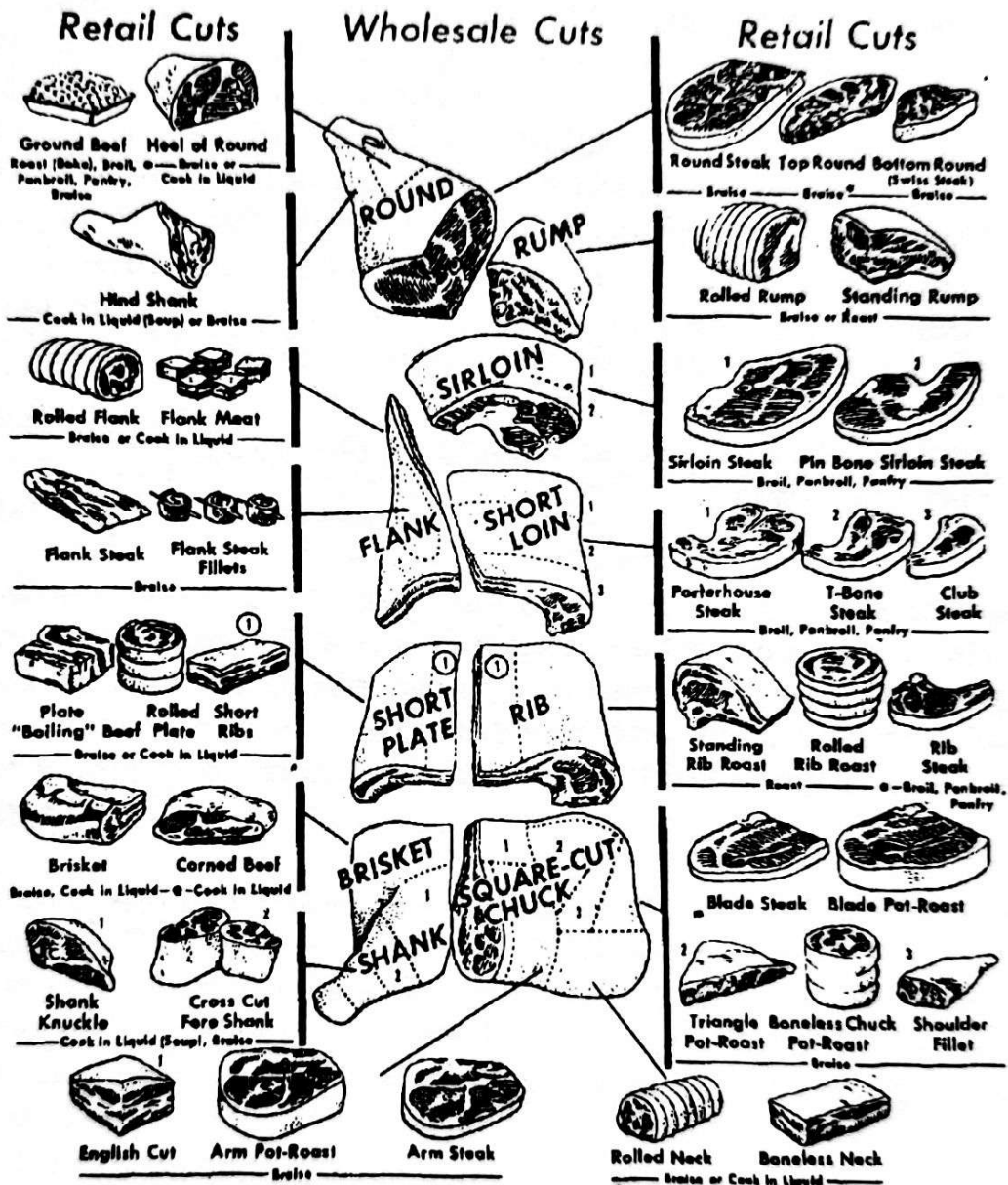
"You do, you do, you really do know Santa Claus!"

My stock jumped several more points. All of a sudden, I felt like singing Jingle Bells and all of the other songs that had made me a bit melancholy up to this point. All of a sudden, the weather wasn't lousy, because if you have sunshine in your heart, the weather outside doesn't really matter at all. All of a sudden, I felt GOOD. After a brief stop at a toy store to pick up some supplies for a boy who could hardly wait for the next two days to pass, and a run by the Dairy Queen for a coke and cone, I took Sean home. As I started to leave, he asked if he could give me a hug, and while he had his arms

(The rest of the text is missing. Make up your own ending. -WP)

Meat Cuts and How to Cook Them

BEEF CHART

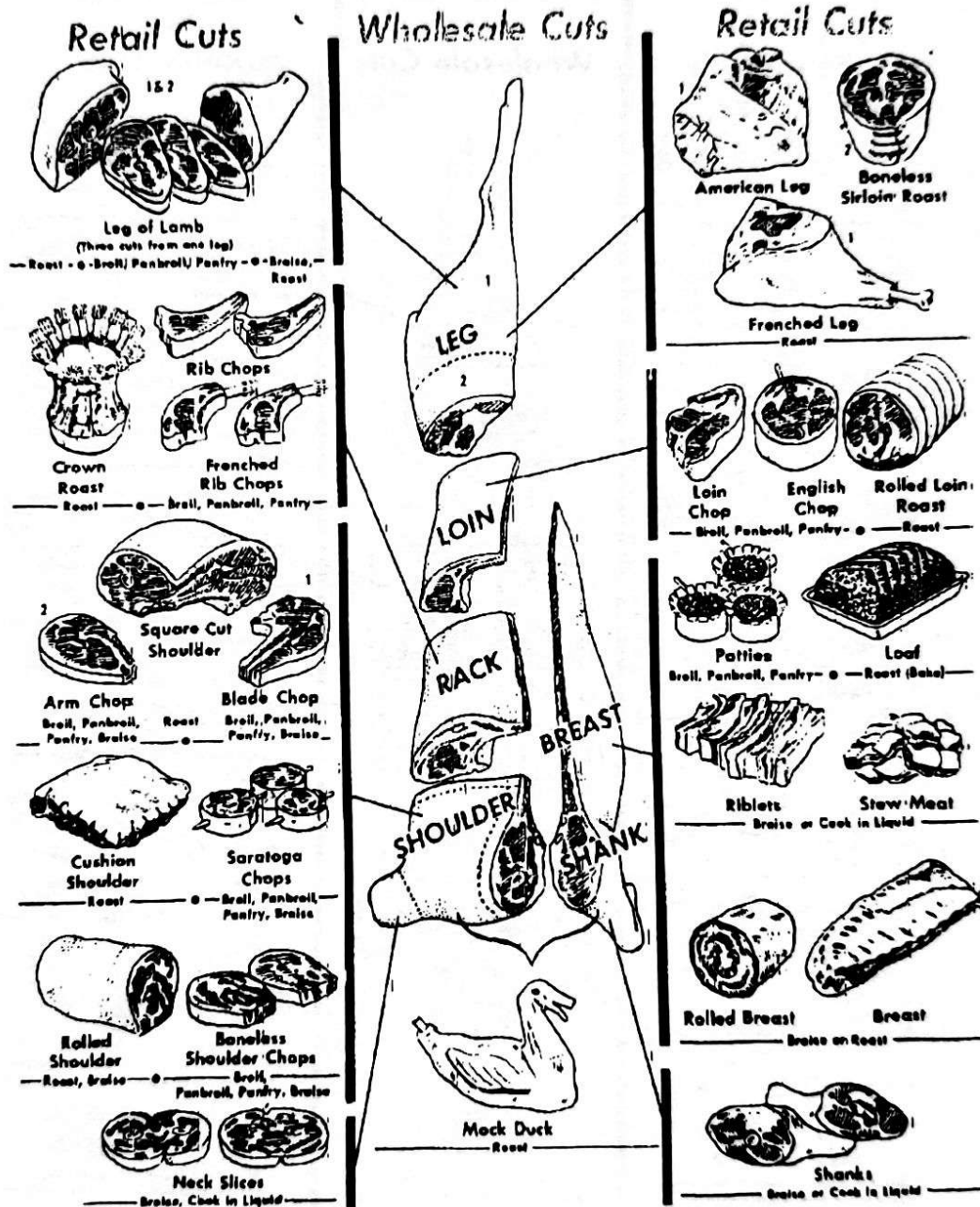


* Prime and choice grades may be broiled, panbroiled or panfried

NATIONAL LIVE STOCK AND MEAT BOARD

Meat Cuts and How to Cook Them

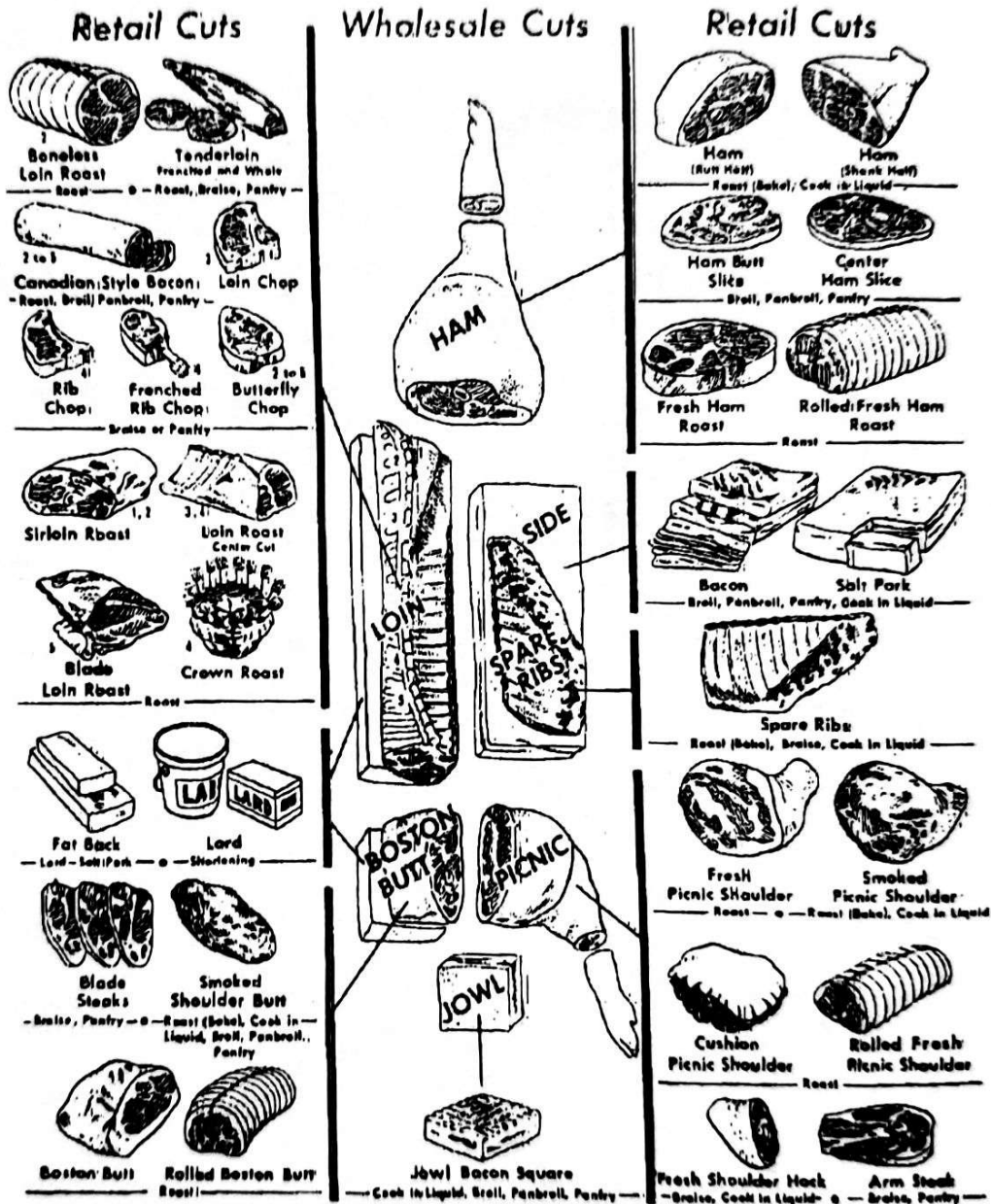
LAMB CHART



NATIONAL LIVE STOCK AND MEAT BOARD

Meat Cuts and How to Cook Them

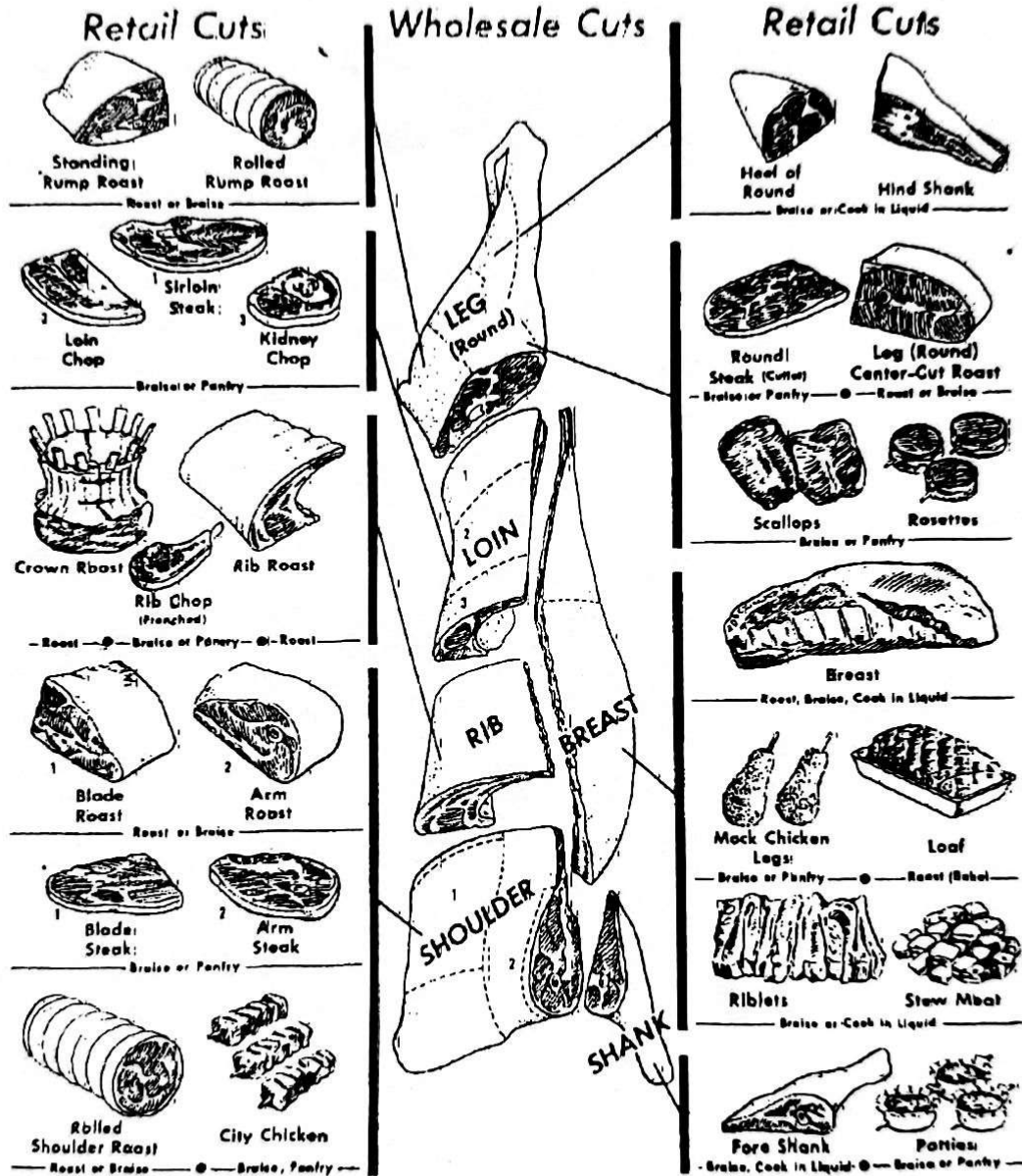
PORK CHART



NATIONAL LIVE STOCK AND MEAT BOARD

Meat Cuts and How to Cook Them

VEAL CHART



NATIONAL LIVE STOCK AND MEAT BOARD

Acorn Squash Soup with Corned Beef & Walnuts	31
African Chicken	57
All-Purpose Barbecue Sauce	57
Ann's Best Sugar Cookies	179
Ann's Favorite Salmon Loaf	58
Ann's High Roller Sandwiches	7
Apple Crisp	180
Apple Walnut Cake and Cream Cheese Glaze	180
Apricot Angel Brownies	181
Apricot White Chocolate Scones	169
April Fool's Pizza Pie	182
Artichoke Cakes with Lemon Caper Mayonnaise	7
Aunt Cissie's Banana Cream Pudding	184
Aunt Ellen Nott's Cornish Pasties	59
Awesome Cheesecake	184
Bacon Wrapped Shrimp	59
Baked Peppers, Potatoes and Onions	147
Banana Nut Bread or Muffins	171
Barney Googles	185
Barramundi with White Wine Sauce	60
Basic Breadmaking	163
Bean Salad With Corn	32
Bird's Nest Pudding	186
Black Bean Salsa	33
Black Pepper Steamed Crabs	61
Blue Cheese Dressing	33
Blueberry Sauce	108
Bobbie's Mushroom and Spinach Fajitas	148
Braised Brisket with Dried Fruits	63
Breakfast in a Pot	64
Bufford Stew	64
Butterfly Lamb with Rosemary	65
Cajun Meat Loaf	65
Camarones en Mojo de Ajo	67
Can Equivalents	230
Caponata	148
Carol's Coleslaw	34
Carrot Cake	187
Charlotte Russe	188
Cheese Ball	9

Chicken a la Poitevine	69
Chicken and Dumplings	67
Chicken Creole	70
Chicken in Coconut/Peanut	71
Chicken Oysters With Morels	72
Chicken Satay	10
Chicken Stew	72
Chocolate Cheesecake	188
Chocolate Torte	189
Christmas Cake	190
Cinnamon Twist Bread	172
Coconut Kisses	191
Company Chicken	73
Conchiglie con Bacon, Piselli, e Ricotta	74
Converting Heirloom Recipes	231
Cook's Treat Chicken	75
Corned Beef Goulash	78
Cottage Pie	78
Cranberry Sauce	108
Cranberry-Orange Loaf	173
Crawfish Fettucini	81
Cream Cheese Glaze	181
Cream Gravy	94
Cream of Mushroom Soup	35
Creamed Mushrooms on Toast	10
Creole Pork Steaks	81
Crisp Quesadillas	11
Date Pinwheels	192
Dave's Parmesan Chicken	82
Dave's Dill Pickles	12
Dave's Stuffed Clams	83
Deadly Habanero Sauce	13
Durgan Park's Indian Pudding	193
Earl's Crab Cakes	84
Easy Cassoulet	85
Easy Cheese Spread	14
Easy Pancakes	173
Eggnog Cookies	194
Eggplant Dip	14
Ever-Ready Made Muffins	174

Everyday Cookies	194
Fish Cooked in Tomato Water	35
Food Measurements	233
Frango Mints	225
Frank Pitts' Christmas Story	237
Frankfurter Shish-Kabob	85
Fred's Bread Pudding with Whiskey Sauce	195
Fred's Chicken and Andouille Gumbo	36
Fred's Sausage and Chicken Jambalaya	86
Fresh Spring Asparagus and Turkey Sausage Supper	87
Frozen Salad/Dessert	196
Fruit Granita	197
Garlic Mashed Potatoes	150
Giant Ginger Cookies	198
Glazed Cornish Game Hens	88
Gooseberry-Bergamot Jelly	225
Gourmet Black Beans	151
Grant Avenue Flank Steak	89
Green Papaya Preserve	226
Gumbo Ya Ya	38
Hamburger/Pork-n-Bean Casserole	90
Harvest Cranberry Sauce using Canned Berries	91
Harvest Cranberry Sauce using Fresh Berries	91
Harvest Meat Loaf	90
Health Salad In a Pita	39
Hearty Chicken Noodle Soup	40
Helen's Cheesecake	199
Honey Curried Chicken Breasts	92
Hoppin John Soup	39
How To Care For Your Cutting Board	229
Hunter's Stew	92
Ice Cream Pail Pickles	15
Jambalaya	152
Janice's Dessert	200
Jeff Davis Pie	201
Jeff's Barbecue Sauce	93
Jeff's Chicken Fried Steak	94

Jeff's Spaghetti Sauce.....	95
Jim's Baked Beans.....	96
Jim's Maple Barbecue Sauce.....	96
Jim Weller's Teriyaki Marinade and BBQ Sauce.....	98
Jim's Squid Pasta Sauce.....	97
John Hartman's Indianapolis Baked Beans.....	99
Kathy's Tamale Pie.....	99
Kaz's Chicken in Honey and Mustard Sauce.....	101
Killer Four-Star Venison Chili.....	143
Lamb Cutlets Shrewsbury.....	101
Lancashire Shrimping.....	102
Lemon Caper Mayonnaise.....	9
Lemon Sauce.....	210
Lemon Streusel Cake.....	203
Lentil & Greens Khoreshe.....	153
Lima Bean and Pea Casserole.....	154
Low Fat Zucchini Bread.....	174
Lucho's Chicken.....	103
Lytle's Sugar Cream Pie.....	203
Macaroni, Cart Drivers' Style.....	105
Madras Chicken Curry.....	106
Magic Caramel Pudding.....	255
Mama's Rhubarb Pie.....	207
Mama's Risotto Milanese.....	106
Mama's Scrapple.....	107
Mango Bread.....	175
Mango-Pineapple-Lime Cheesecake.....	207
Maple Walnut Bread.....	106
Martin's Duck with Berries & Wild Mushrooms.....	107
Martin's Rabbit with Apple & Cider Sauce.....	109
Martin's Skate with Cranberry Vinegar Butter.....	109
Mexican Lasagna.....	110
Mexican Noodles.....	110
Middle Eastern Stuffed Peppers.....	111
Mock Tuna Salad.....	154
Mongolian Beef & Barley Soup.....	43
Mushroom Sandwiches.....	155
Mushroom Turnovers.....	15
My Stuff.....	112

Nacho Cheese Potato Slices	156
New England-Style Blueberries	207
New Potato Salad	43
Nine-inch pie crust	201
No Bake Goodies	208
No-Crust Cheesecake.....	208
Nuclear Fish.....	113
Nutty Chocolate Mint Fudge.....	226
Old Fashioned Meatloaf	113
Open Face Hamburgers	114
Oregano Vinaigrette.....	24
Oven Baked Barbecued Brisket.....	115
Oven Temperature Equivalents.....	236
Peanut Dipping Sauce	17
Pears Baked in Honey.....	209
Peking Noodles	114
Persimmon Pudding With Lemon Sauce.....	210
Pico de Gallo (Rooster's Beak).....	17
Pineanna Nut Cake.....	211
Pineapple Chiffon Cake.....	211
Pineapple Noodle Kugel	115
Poorman's Cake	212
Pork Chops au Vin	116
Pork Tenderloin with Herbed Sausage Stuffing.....	117
Pot Stickers	18
Potato Chip Munchies	19
Potato Salad	44
Praline Cheesecake.....	213
Pumpkin Pie.....	215
Pumpkin Soup.....	46
Quick and Easy Pumpkin Pie.....	216
Rain's Easy Cantaloupe Sherbet Or Frozen Yogurt	216
Rain's Gazpacho.....	46
Rain's Turkey Onionburgers	113
Raspberry Marinara Sauce.....	183
Red Devil Ribs	120
Red Deviled Eggs	20

Rhubarb Bars.....	217
Roast Lamb with Peppers & Aubergines	120
Roasted Garlic and Bean Spread	20
Russian Hamburgers.....	122
Salat Iz Morkovi (Carrot Salad).....	47
Salat Iz Svyokly S Orekhami (Beetroot and Walnut Salad)	47
Salata	48
Salmon Quiche	123
Sauce Creme Dijon.....	119
Sausage and Egg Pie.....	124
School Vegetable Soup	49
Seafood Stuffed Eggs.....	21
Seven Day Sweet Pickles	21
Shaker Cold Rhubarb Tea.....	22
Shanghai-Style Sweet and Sour Ribs.....	125
Sharon's Corn Casserole	124
Sharon's Tuna and Shell Macaroni Salad.....	50
Sicilian Tomato Sauce	149
Smoked Chicken and Pepperoni Gumbo	50
Soft-shelled Cicadas	22
Sonya's Rhubarb Relish.....	23
Spam, Tomato, And Cheese Casserole	126
Spinach, Kathy's Way	157
Stuffed Anaheim Chiles with Oregano Vinaigrette	24
Stuffed Cabbage.....	127
Stuffed Pork Cutlets.....	129
Substitution Chart.....	235
Summer Pudding.....	218
Swedish Tacos	129
Swiss Steak.....	133
Tabouli	157, 158
Teriyaki Steak	134
Texas Toast	25
THAT Pot Roast	135
Thirst Quencher.....	25
Tuna and Rice Salad.....	52
Tunafish My Way	135
Turkey Schnitzel.....	136
Turnip, White Bean and Sage Puree with Lemon.....	26

Uncle Dirty Dave's Chilli	137
Uncle Dirty Dave's Red Pork Chilli	139
Unique Apple Pie	219
Veggie Burger	160
Very Best Monkeyed-Up Lobster Dish	140
Very Hot Cajun Sauce for Beef	142
Vichyssoise Creme Glacee	52
Wesley's Chili Pizza, v.4.0	144
Whipped Shortbread	221
Whiskey sauce:	196
Yogurt and Basil Vinaigrette	53
Zucchini Relish	27



MARLOWE'S JUG AND PLATTER

350 Main Street

Reservations Suggested

Phone 9751



R. SMYTH

Dealer in Live & Fresh Killed Poultry

Milk Fed Broilers a Specialty
Strictly Fresh Eggs

Poultry Yard - 50 Bryant Street

Phone 291

New England Motor Coach, Inc.

Serving Boston, Portland,
Montpelier, Worcester,
Springfield, and Hartford.

472 King's Highway - Ph. 887



TRAVEL by BUS

Compliments of

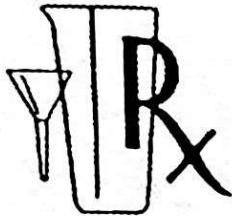


FIRST UNION BANK AND TRUST

ESTBLISHED 1906

110 - 125 Union Street

Phone 2782



NOSTRUM PHARMACY

D.M. Placebo, Proprietor

928 Daley Street

Phone 87

LOO'S DAIRY BAR

Homogenized Milk

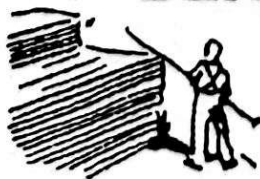
Fine Ice Creams

Meadow Road

Phone 8795

RICE LUMBER COMPANY, INC.

LUMBER & BUILDING MATERIALS



Lumber and Millwork - Phone 143

CHUCK'S VARIETY

Fountain Drinks

Ice Cream

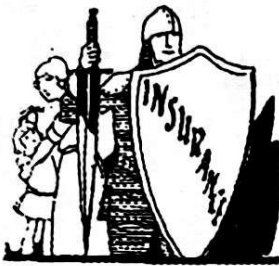
Candy

Novelties

Newspapers, Magazines, and Comic Books

225 Union Street

Phone 8966



HOWARD, FINE, AND HOWARD

ALL FORMS OF INSURANCE AND BONDS.

Protecting your family's future since 1922.

Life - Accident - Fire - Automobile
Compensation - Liability - Burglary - Glass

14 Park Street

Phone 1670

Fine cooking requires quality ingredients.
You'll find them at

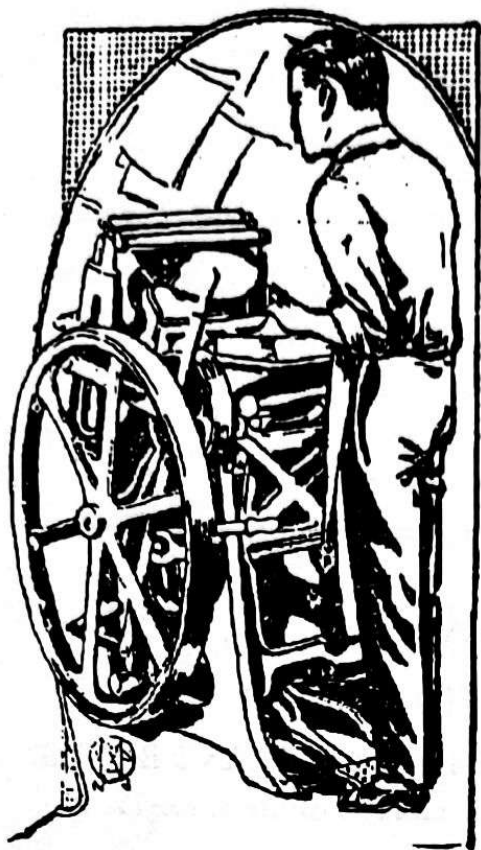
ROBERT'S GROCERY

Fresh Local Produce
USDA Choice Meats
Selected Dry Goods

Phone orders welcome - Delivery available.

832 Parker Street

Phone 399



Compliments of
**DAVE'S
PRINTING**

Printing
Typesetting
Illustration

Modern Equipment
Fast, friendly service.

Main Street

Phone 6736

**DURIAN, AMPERSAND & VOLE
AGENCY**

Motor Vehicle Insurance Service

219 Broadway

Phone 3900

JIM'S ROADKILL CAFE

and Maple Sugar House

Gourmet Dining Featuring Native Species

1554 Turnpike Road

Phone 296

